

### **Packing List:**

- \* Flashlight or headlamp (with extra batteries)
- Modest (1pc) Swim Suit and Towel
- \* Sleeping Bag (rated to at least 50 degrees – recommend 32)
- \* Sleeping pad (we have plenty of foam pads – older participants may want to bring their own inflatable mattresses)
- 2pr long pants (jeans, sweats, etc)
- 2pr shorts
- \* 1pr thermal underwear, top and bottom (primarily for sleeping)
- \* 2pr thick warm socks (for sleeping)
- \* warm hat
- ball cap or brimmed hat for sun protection
- \* light gloves (gardening or running type)
- Long sleeve shirt (2)
- T-shirts (3 or 4)
- \* Sturdy shoes appropriate for hikes where there may be loose or sharp rocks
- \*Tent (we plan to provide tents and tarps – just let us know!)
- \* Socks for Hiking (3pr)
- Underwear (5 or 6 pr)
- \* Jacket(s) (insulated and windbreaking)
- \* Camp Chair
- Sunglasses and \*protective case
- Toiletries (toothbrush, deodorant, toothpaste, feminine products, small container of soap/ shampoo)
- \* Medium daypack for day hikes (large enough for simple overnight – can strap pad and sleeping pad to outside; or bring a larger pack – we have larger packs to loan.
- \* (2) one-liter canteens or water bottles with name on them (or water bladder style pack)
- \* drinking cup for hot beverages in camp (recommend insulated travel type cup with lid)
- \* spork or utensils
- Prescription medication, inhalers, etc. We carry basic non-prescription pain killers and cough suppressants, throat lozenges, decongestants, etc)
- **Positive, flexible attitude!**
- **Adventurous Spirit!**

### **What to Bring (Optional):**

- Spending money (optional for souvenirs/ snack at stops. All expenses are covered on the trip except fuel for your personal vehicle).
- Pillow (optional; rolled up jacket is suitable for most :)
- Second pair of long underwear
- Extra blankets
- \* Second pair of light shoes or sandals for camp (highly recommended)
- \* bandana
- Book to read
- Card or board games

Items marked with an \* indicate that we have some of this equipment to loan out for the trip. Please let trip coordinator know of any needs on the returned liability release.

PLEASE MARK ALL OF YOUR THINGS CLEARLY WITH YOUR NAME OR INITIALS.