

PACKING LIST

This list is given as a specific guide for packing. You must have this stuff!
Pack to be prepared for all weather conditions!

CLOTHING

- Hiking Boots/Shoes
- Sandals (for campsite wear & stream crossings)
- 2 Pair of Hiking Socks (NO COTTON)
- 1 Pair Shorts
- 1 Pair lightweight /quick-drying Pants (not heavy or bulky)
- 2 T-Shirts
- 1 waterproof Raincoat or Poncho (a MUST) & Rain Pants (optional)**
- 1 Sweatshirt or Fleece (warm layer)
- 2 Pair Underwear
- 1 Complete set of Dry Clothing (to change into after trip)

GEAR

- 2 Plastic Trash Bags (for wet clothing & trash)
- 1 Hand Towel
- 1 Wash Rag
- 1 Lightweight Bible (w/ New & Old Testaments)
- 1 Pen or Pencil
- 1 Unbreakable Bowl
- 1 Unbreakable Cup
- 32 oz. Nalgene Bottle/Canteen (or equivalent capacity & check for leaks!)
- Eating Utensils - Spoon (must), Knife (optional)
- Sleeping Bag- **(Must roll or compress to 9x16" MAX)**
- Personal Items... (*think light & small*)
- Toothbrush & Paste
- Biodegradable Soap
- Tissues
- Flashlight/Headlamp
- Comb / Brush (optional)
- Deodorant (optional)
- Pocket Knife / Pocket Tool (optional)
- Camera (optional)
- Other NECESSARY personal item (i.e. contact lenses)

Please UNPLUG...

Don't bring Personal Media Players (CD/MP3/DVD/etc) and/or Electronic Games.

