

Required Clothing/Equipment Check List

Base Layers:

- ___ 2 short sleeve t-shirts, polyester or light weight synthetic is the best. Cotton okay.
- ___ 1 pair of nylon shorts. Quick drying with pockets.
- ___ 2 sports bras. Quick drying fabric is most comfortable.
- ___ 2-5 pair underwear. Cotton okay.
- ___ 1 set (top and bottom) mid-weight long underwear (silk, synthetic, but not just cotton)

Insulation Layers:

- ___ 1 fleece shirt or light wool sweater.
- ___ 1 fleece jacket
- ___ 1 pair fleece pants (wool surplus pants)
- ___ 1 fleece or wool hat
- ___ 1 pair fleece gloves or mittens
- ___ 1 long sleeve wool or synthetic shirt

Wind/Water Layer:

- ___ 1 set rain gear, WATERPROOF not water resistant
- ___ 1 pair lightweight nylon hiking pants

Footwear:

- ___ 1 pair medium weight backpacking boots
- ___ 1 pair camp shoes, light weight running shoes (no flip-flops)
- ___ 2-4 pair wool or synthetic socks
- ___ 2 pair liner socks (or knee- high nylons), thin socks prevent blisters

Accessories:

- ___ 1 sun hat, wide brim is best, baseball hat okay
- ___ 1 pair sunglasses with 100% UV protection with retainer strap
- ___ 1 headlamp, a light worn on your head to keep hands free, flashlights are the next best alternative
- ___ 1 cotton bandana for washcloth and sun protection

Personal Items:

- ___ 1 toothbrush, small toothpaste
- ___ 1 bottle sunscreen, SPF 30 or better (no more than 8 oz.)
- ___ 1 tube lip balm with sunscreen SPF 25 or better
- ___ 1 tube or plastic bottle of insect repellent (NO aerosol cans)
- ___ Feminine supplies (ample supply in Ziploc bags and small package of wet wipes)
- ___ 1 prescription eyewear (if you wear glasses) - contacts okay if you bring extra set of glasses w/case
- ___ 1 spoon (not plastic, metal or Lexan)
- ___ 1 small plastic bowl
- ___ 1 photocopied section of the Bible or Gideon sized Bible
- ___ 1 pen

Optional Items:

- ___ Camera, pocketknife with blade less than 4 inches, fanny pack, or small day pack, ski poles to help with hiking in steep terrain (a stout tree branch works as well), sleeping bag (rated to between 15 to zero degrees) and backpack (4,500-6,000 cubic inches)
- ___ No matches