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 repellant (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