

Wilderness Packing List

Clothing

- **Hiking Boots :** You will need a good pair that is high-top, waterproof, and preferably already broken in!
- **Wool Socks :** Three pairs (recommendation: SmartWool Medium weight hiking socks)
- **Sandals/shoes:** Bring a pair of sandals that have backs on them or bring an old pair of shoes that you are willing to get wet and dirty. These will be used to cross rivers and streams and also to wear around camp at night.
- **Shirts:** Two shirts. Make sure they are either wool or some sort of Synthetic (polyester, spandex, etc), *not cotton*. If possible, bring one short sleeve and one long sleeve.
- **Shorts:** Two pairs of shorts, one to wear all week and one backup. Make sure they are comfortable and synthetic. Mesh shorts are great!
- **Underwear:** Two pairs, one to wear all week and one backup. Make sure they are Synthetic, *not cotton*. Spandex shorts work great. Again, *NO COTTON*.
- **Bandannas:** Four bandannas. You can use bandannas for so many things! They can be used for sweat, to blow your nose, as a napkin, as a plate, as a towel...you get the picture.
- **Pants:** One pair of pants. When you are done hiking for the day, you will cool down quickly, so bring one pair of fleece-like pants.
- **Jacket:** One jacket. Again you will cool down quickly and you will want some sort of fleece-like material for this jacket.
- **Hats and Gloves:** One hat with a bill to wear hiking
- **Rain Jacket and Pants:** You will want a rain jackets, but if you own a pair of rain pants you are free to bring them.

Equipment

- **Sunglasses:** One pair. Even if you do not normally wear sunglasses, you need them to protect your eyes. You will be 10-14,000 feet closer to the sun.
- **Small Flashlight:** One headlamp is recommended, if possible. Headlamps are ideal out on the trail. Otherwise a small flashlight will work.
- **Camera:** You will want to remember this trip! You will get to see some things that not too many people get to see, so bring a camera *that isn't your phone*.
- **PB&J:** This is your Pen, Bible, and Journal.
 - Bring one small bible.
 - Bring two pens to make sure they work.
 - Bring one journal.
- **Sleeping bag and Backpack:** These will be provided
- **Crazy Creek Chair:** Bring one if you have one.

Personal Supplies

- **Chapstick:** Make sure it has SPF in it
- **Toothbrush and Toothpaste:** Bring travel size toothbrush and toothpaste
- **Personal Medication:** Don't forget this! Personal medications should be in their original packaging.
- **Sunblock:** You will need to protect yourself from the sun!
- **Bug Spray:** You will want this also, but we can share if others are already bringing it along.
- **Hand sanitizer:** You will use this a hundred times a day. Bring some.

Extras

Things you may want to bring on the trail:

- Crystal light or propel powdered packets for your water
- Small snacks like a candy bar or beef jerky
- A Frisbee, hacky sack, or cards

Things NOT to bring on the trail:

- Fishing pole
- Gun
- Knife
- Watches
- Electronics (other than a camera)