

PACKING LIST

Luggage:

- ◇ Hiking Backpack (at least 50 liters, approx. 3000 cubic inches)
- ◇ Duffel bag or storage bin
- ◇ Daypack

Outerwear:

- ◇ Rain jacket, waterproof and breathable
- ◇ Sweatshirt or light jacket

Footwear:

- ◇ Camp shoes such as tennis shoes
- ◇ Hiking shoes/boots
- ◇ Sandals (no flip flops)

Clothing:

- ◇ 3-4 pairs of shorts
- ◇ 1-2 pairs of pants
- ◇ 1-2 long sleeve shirts
- ◇ 3-5 t-shirts
- ◇ 6-7 pairs of underwear
- ◇ 4-5 pairs of socks
- ◇ Swimsuit (one-piece)
- ◇ Sun hat and/or bandana

Other Gear:

- ◇ Bible, journal, pen
- ◇ Dirty clothes bag
- ◇ Spare batteries

Sleeping:

- ◇ Sleeping bag with compression stuff sack (bag *must* fit comfortably in pack and allow room for additional gear)
- ◇ Sleeping pad

Camping Gear:

- ◇ 2 water bottles (1L each)
- ◇ Flashlight or headlamp
- ◇ Sunglasses and retainer strap
- ◇ Light, portable bowl and spoon
- ◇ Sun block and lip balm
- ◇ Toiletries (soap, shampoo, toothbrush/toothpaste)
- ◇ Towel
- ◇ Washcloth(s)

Optional Items:

- ◇ Camera
- ◇ Insect repellent
- ◇ Hydration pack
- ◇ Compass
- ◇ Musical instrument
- ◇ Pocket knife (no sheath knives)

Medication:

- ◇ **Prescription medications:** Please follow directions on medication form. Do not bring over-the-counter medications.

Note: Pack a separate bag with one pair of clothes to wear home!
This bag needs to fit in your duffel bag.

DO NOT BRING

CELL PHONE, RADIO, CD/MP3/DVD PLAYER, TOBACCO,
ALCOHOL, DRUGS, FIREWORKS, CELL PHONES, FIREARMS, PETS,
VIDEO GAMES, WATER GUNS, CELL PHONES, EXPENSIVE CLOTHES AND
SHOES, OR OTHER VALUABLE PERSONAL ITEMS...DID WE MENTION CELL PHONES?