

PACKING LIST

- Your completed Pre-Trip Work
- Lunch for Friday while hiking
- Hiking Backpack (50-70 liters recommended)
- Tent (or Hammock w/ rainfly)
- Warm Sleeping Bag (30 degree recommended)
- Hiking shoes or boots
- Rubber boots or close-toed water shoes (required!)
- Water Bottle
- Eating Utensils (Bowl, Mug, Fork, Spoon)
- Bible, Pens
- Headlamp (or flashlight)
- Toothbrush/ Toothpaste/ Toilet Paper
- Warm(er) Jacket + Rain Jacket
- 2 Extra Pairs of Socks
- Snacks & Trail-Food
- \$20-\$25 CASH for lunch on Sunday
- EpiPen, inhaler, or allergy meds (if needed)
- 5-7 liters of extra space for group supplies & food

Optional:

- Sleeping Mat & Small Pillow
- Sunglasses/ Hat/ Sunscreen/ Bugspray
- Small Daypack (for day hike on day two)
- Hiking Poles
- Water Filter
- Swim Trunks/ Small Towel
- Camel Back
- Instant Coffee packets (ex. Via, Kuju)
- Small Camp Stove
- Fishing Gear/ Knife

** Don't buy expensive equipment! Text a leader if you're in need of any gear.

