

Suggested Equipment List

September Temperature range: Average High 70 degrees/Low 40 degrees.
There is always the probability of a rainy day (or 4 rainy days).



You Will Need to Bring:

- 1 Daypack (with sturdy straps not strings)
- 1 Wool or Fleece hat
- Sunglasses
- Baseball cap or Sun Visor
- 1 Synthetic Long Underwear bottom (Under Armour is fine)
- 1-2 Synthetic Long Underwear top (Under Armour is fine)
- 1 Fleece jacket or Pullover (Not Cotton!)
- 1 Warm Jacket (Not Cotton!)
- 1 Rain jacket or heavy-duty Poncho
(This is not a windbreaker! Jacket should keep you dry in a downpour!)
- 2 Long-sleeve shirts
- 2-3 T Shirts (synthetic is best)
- 2 Pr Long pants (nylon or synthetic pants)
- 2 Pr Shorts (nylon or synthetic is best)
- Hiking boots/ Hiking shoes/ or Sturdy comfortable tennis shoes
- 4-6 Pr Underwear
- 2-3 Pr Wool Socks
- 2-3 Pr Cotton Socks
- 3 Water bottles (32 oz. Gatorade bottles work great)
- Flashlight with extra batteries or headlamp
- Toiletries: Toothbrush/toothpaste, brush or comb
- Swimsuit (nylon shorts may double as suit for boys)
- Water shoes (sandals with a heel strap or old tennis shoes)
- Small** toiletry needs
- Clean clothes for bus ride home

Optional:

- Camera/Film
- Rain Pants
- Towel – Strongly suggested
- 1 Pr fleece gloves
- Journal and Pen
- Lip balm and Sunscreen
- Bug Repellent – wipes work best

We Will Provide:

- Toilet Paper
- Cup
- Bowl
- Spoon
- Soap/ Hand Sanitizer
- Tents/Tarps
- Sunscreen
- Sleeping Pad
- Sleeping Bag
- Backpack for Overnight

Do **NOT** Bring:

- Radios or electronics
- Tobacco, alcohol, or illegal drugs
- Knives
- Pillow
- FLIP FLOPS
- Make-up and extra toiletries
- Anything you don't want lost, wet or broken
- EXTRA FOOD-Please do not pack extra food. It is just an invitation for a skunk and raccoon all you can eat buffet, at the expense of your child's safety and duffel bag. We will provide plenty of food and snacks.

IF You are Planning to Bring Your Own Equipment...

Sleeping bags should have either synthetic or down fill (not cotton) and a synthetic shell.

The bag should weigh less than 8 pounds and be rated for at least 40 degrees.

If you are unsure whether or not your bag meets these requirements, bring it along. We can always let you borrow one of ours.

Backpacks. We provide an external frame pack. If you wish to bring your own backpack, it should have a good hip belt and the size should be between 3000-3500 ci (cubic inches) for external frames.

and 3500-4500 ci (50-70 Liters) for internal frames. If you are unsure whether or not your backpack is suitable for the program, leave it at home and borrow one of ours.