

### RECOMMENDED ITEMS

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- Refillable Water Bottle  
(One for each participant).
- Pillow
- Towel
- Bandanas
- Sunglasses
- Sunscreen & Lip Balm
- Insect Repellent
- Personal Items  
(Such as Medications & Medical Supplies)
- Toiletries: Toothbrush & Toothpaste, Hair Care  
(Comb, brush, ties, headbands, etc.)
- Bathing Wipes or Wash Rag

### ADDITIONAL ITEMS

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- Headlamp or Flashlight  
(We have available for use)
- Camera, Case, and Batteries
- Daypack / Small Backpack  
(If you plan on hiking)
- Preferred Snacks or Beverages



### WEARABLES

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- Hiking Hat / Sun Hat
- Hiking Shoes  
(Sturdy, broken in hiking boots or shoes, light-weight)
- Camp Shoes or Hiking Sandals  
(Shoes that will stay on your feet. Sandals are great for when one needs to get up during the night.)
- 2-3 Pairs Hiking Socks  
(wool or synthetic)
- 2-3 Shirts, Including 1+ Long-Sleeve  
(Lightweight, light colored, and breathable.)
- Hiking or Running Shorts  
(lightweight, quick drying to avoid chaffing.)
- Hiking Pants  
(Lightweight, denim not recommended for the colder months.)
- Thermal Underwear  
(Lightweight, a great third layer for additional warmth.)
- Sleepwear  
(Lightweight and fitting. Thermals are best for the colder nights.)
- Warm Jacket
- Waterproof Jacket or Rain Gear  
(A lightweight poncho is usually sufficient.)
- Knit Cap or Beanie  
(Add warmth for sleeping.)
- Bathing Suit  
(Optional)

