



PACKING LIST

Luggage:

- ◇ Hiking backpack (at least 50 liters, approx. 3000 cubic inches), OR a duffel bag
- ◇ Daypack

Clothing/Footwear:

- ◇ 5-7 sets of comfortable clothes
- ◇ Several pairs of underwear and socks
- ◇ Swimsuit (one-piece)
- ◇ Sun hat and/or sun glasses
- ◇ Closed-toed camp shoes (hiking shoes/boots)
- ◇ Sandals/water shoes

Outerwear:

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

Optional Items:

- ◇ Hammock
- ◇ Pocket knife
- ◇ Camera

Camping/Personal Gear:

- ◇ Sleeping bag with compression stuff sack (*must* fit comfortably in backpack/duffel and allow room for additional gear)
- ◇ Sleeping pad
- ◇ Water bottles
- ◇ Headlamp
- ◇ Sun protection (sunscreen, lip balm, etc)
- ◇ Bug spray
- ◇ Toiletries (soap, shampoo, toothbrush/toothpaste, towel, washcloth, etc.)
- ◇ Bible, journal, pen
- ◇ Dirty clothes bag
- ◇ Spare batteries
- ◇ Light, portable bowl and utensil(s)

Medication:

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

DO NOT BRING
CELL PHONES OR ELECTRONICS, TOBACCO,
ALCOHOL, DRUGS, FIREWORKS, FIREARMS, PETS, EXPENSIVE
CLOTHES AND SHOES, OR OTHER VALUABLE PERSONAL ITEMS