**EQUIPMENT CHECKLIST FOR:**

**Program Type: Wilderness**

**Standard clothing: Outerwear:**

**Reg. Underwear: 2 Heavy fleece or non-cotton jacket: 1**

**Synthetic long underwear top & bottom: 1 ea Light fleece or wool layer: 1**

**Wool or synthetic socks: 3 pr. Rain/waterproof jacket: 1**

**Light shorts: 1 Wool or fleece gloves/mittens: 1 pr.**

**T-shirt (non-cotton is best): 2 Warm hat: 1**

**Nylon or fleece hiking pants: 1 Rain/waterproof pants: 1**

**Fleece or wool vest: 1**

**Footwear: Other gear:**

# Waterproof **boots:** **1 pr**. **Int. or Ext. frame full pack: 1**

# Camp/casual shoes (ie: Crocs/Tevas):1 pr. **Synthetic sleeping bag rated to: 20 degrees**

**Therma or Ridge rest: 1**

**For Eating: Daypack: 1 (School backpack okay)**

**Insulated mug with handle: 1 Screw top water bottle: 2**

**A large spoon: 1 Headlamp/Sm. Flashlight: 1 (w/batteries)**

**Large trash bag: 1**

**Optional:**

**Military Style Mess Kit**

**Camera**

**Notebook/Journal**

**Ziptop baggies to keep personal items contained**

**Personal Items: Do NOT bring:**

**Toothbrush/paste: 1 Personal Food/Snacks**

**Soap and small towel: 1 Deodorant, cologne, make-up, etc.**

**Sunscreen: 1 Bug Repellent**

**NOTE: Regarding cost of equipment, please borrow where possible. Hiking boots need to be properly fitted and broken in for safety.**