

Packing List --Individual Gear

Before you read this section, be sure that you have thoroughly read the previous four pages.

The following items are **REQUIRED** for participation in the Wilderness Retreat. This means that it is **MANDATORY** that you bring each and every one of these items. These are not suggestions, they are **requisite** for your participation on this trip. In other words, these items are **essential**; you are **obligated** to bring them; it is **compulsory** to comply; **confirmation** is the **expectation**. **NO exceptions and NO substitutions that are not approved by staff. YOU MUST INCLUDE EACH OF THESE ITEMS IN YOUR GEAR!** Please ask for clarification if needed.

REQUIRED

Sleeping bag

Pad

Back pack

Rain coat or poncho

Fleece jacket or fleece sweatshirt

Boots

Hat (with a brim)

2 Large-mouth, 1 qt. water bottles

Bowl, cup, spoon

Sunscreen

Chapstick

Bug spray

Flashlight

Journal (This is provided for you at orientation)

4 Lg plastic trash bags

Toothbrush & toothpaste; personal medications, other essential hygiene needs

Clothing: 1 pair pants

 1 short sleeve shirt

 1 long sleeve shirt

 Underwear

 Socks

The following items are **RECOMMENDED**. Your comfort and enjoyment may be enhanced by including these items but individual preference is allowed:

Stocking cap/beanie

Sunglasses

Extra shirt

Long underwear (to sleep in and/or for colder temps)

Gloves

Extra pair of shoes

Comb

The following items are **OPTIONAL** and up to personal preference:

Camera/batteries (Please plan on using a camera that is separate from your phone)

Bandana

Bible (Small)

Pocket knife

Hiking poles

Lightweight stool/chair

Ear plugs

Deodorant

Binoculars

Towel-small

Rain pants

Mosquito headnet

All other needed supplies and equipment are provided, including an extensive first aid kit. You are encouraged not to bring additional items as we will have what you need. However, you may pack as you see fit and know that *if you bring it, you carry it*. The llamas carry our group gear and occasionally sleeping bags and pads but not extra items that you chose to bring along. Just saying..... You will also need to keep space in your pack for your lunch food and snacks which will be given to you at the beginning of the trip.