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; conformation 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.