

Bring only supplies listed below. All other equipment (backpacks, shelters, stoves, etc.) will be supplied. Make your choices as lightweight and compact as possible. Remember you will be carrying what you bring plus your share of team equipment. Pack supplies in stuff sacks or plastic bags within a duffel bag.

EQUIPMENT		TOILETRIES	
	Sleeping Bag 33°F. (preferably (synthetic insulation- must fit into waterproof stuff sack weigh under 4 lbs.)		Toothbrush
	2 lash straps for securing sleeping bag to pack		Toothpaste
	Sleeping pad		Toilet paper (1/3 roll in plastic bag)
	Metal cup, plate & spoon		Hand towel (for trail)
	Quart plastic water bottle		Bath towel (for lodge)
	Small flash light with extra batteries		MEDICAL
	Whistle		Moleskin
	Waterproof matches		lip salve
	CLOTHING		Insect Repellent (liquid)
	Hat or cap (crushable)		Sun screen
	Stocking hat (fleece or wool)		EDUCATIONAL
	Shell parka (waterproof)		Notebook (4x5)
	Fleece sweater-pullover-long sleeve		Pencil or Pen
	Fleece jacket - long sleeve		Pocket size Bible
	3 T-Shirts (synthetic)		OPTIONAL
	Gloves (fleece or wool)		Pocket knife w/can opener
	Rain pants (waterproof)		Tube of Snoseal
	1 long pants (fleece)		Gaitors (waterproof)
	2 hiking shorts (1 synthetic)		Mirror (metal)
	Belt		Sanitary supplies
	3 pair underwear		Sunglasses
	2 poly-pro liner socks		Liquid soap
	2 pair wool socks		Medication
	light athletic shoes (sandals/running)		Camera and Film
	Boots (should give good support and be waterproofed)		Fishing Gear (compact)
			Comb