



WALKABOUT

Clothing and Equipment Checklist

You will need:

- _____ Small Bible or New Testament; devotional book
- _____ 1 pair hiking boots (supportive and protective shoe)
- _____ 1 pair tennis shoes or running shoes
- _____ 1 pair sandals
- _____ 4 pair of socks - 2 heavier, wool rag type or 2 polypropylene liner socks
- _____ 1 pair of durable long pants, preferably wool for warmth
- _____ 1 light weight bathing suit.
- _____ 2 T-shirts or tank tops (Starter brand with dry star are great)
- _____ 1 long sleeve heavy shirt (wool) and sweater (wool)
- _____ 1 light weight parka or windbreaker (**water proof**)
- _____ 1 rain garment - poncho, etc. Must be **water proof** - not just resistant
- _____ 1 wool stocking cap
- _____ 2 sets of underwear (if you plan on using your bathing suit count it as a set) *Female students may want to bring an additional set.*
- _____ 1 toilet kit, small towel, tooth brush, baking soda, etc. - keep it light since you will carry it
- _____ 1 belt or suspenders - whatever you need to hold your pants up
- _____ 1 pair of light weight gloves or mitts, wool or synthetic weave, no leather or ski gloves
- _____ 2 bandanas
- _____ 1 pair spandex shorts to wear underneath shorts - prevents chaffing
- _____ 1 tube of sun screen or suntan lotion - SPF 8 or higher
- _____ Lip salve - Blistex, etc. are good- look for UV protection
- _____ 1 pair of sunglasses
- _____ 2 mosquito repellants, plastic bottles or tubes only (Jungle Juice from REI is the most effective ; **no aerosol cans**)
- _____ 1 flashlight (small) and extra batteries
- _____ Duffle bag - anything but a stiff suitcase (labeled with name, address) in which to put all the extra things you don't want to carry while on the course (must stay in the vans)
- _____ 1 first aid kit, stocked with materials having to do primarily with blisters, i.e. Vaseline, moleskin, Band-Aids.
- _____ 25 feet alpine cord or parachute cord (**braided** utility cord) for tarps and solo shelters
- _____ Insulated cup, a bowl and a durable, plastic spoon
- _____ Journal
- _____ Pen and pencil
- _____ Women should bring necessary feminine products (trust us, you are very likely need them)

Optional:

- _____ Fanny pack
- _____ Wet wipes
- _____ Camera and film
- _____ Pocket knife (no sheath knives) - Swiss army knives are good but expensive
- _____ Small sewing kit
- _____ Extra long pants
- _____ Long underwear
- _____ Light weight musical instrument
- _____ Small frameless day pack
- _____ Plastic Baggies

Wool is the best material as it does not absorb moisture and it retains its ability to insulate even when wet. If one is allergic to wool, substitute imitation synthetic wool such as acrylic. Most Goodwill, Salvation Army, Army Surplus, and thrift stores sell second-hand wool garments which will be suitable and much cheaper than new ones. **Glasses or contact lenses:** Bring an extra pair. Contacts are easily lost under outdoor conditions. They may also cause eye trouble due to change in climate, altitude and activities. Students and parents should be aware of the risk of loss. **Women:** we recommend the use of tampons. Bring enough for two periods as the change in altitude and activities can cause menstrual cycle irregularity. You may want to use **Nik Wax on your leather boots or shoes** to protect from rain and water.

Our time in the wilderness is a sacred one. Please do not bring items that may be a distraction to the quietness that we seek so that we may hear from God. Such items might include...

- Playing Cards
- Walkmans
- Cell Phones (each team leader will have one in an emergency)
- Anything that smells (ie. candy, toothpaste, food, deodorant, soap, scented towels, scented toilet paper, scented feminine products, etc.)