

GRADUATE PROGRAM PACKING LIST

CLOTHING (plan on layers)

- warm sweater or jacket (wool, fleece, or puffy style)
- 4 pairs heavy socks (2 pair wool, 2 pair cotton)
- hat or cap (sun, wind, rain protection)
- stocking cap (to sleep in for head warmth)
- hiking boots (required) - Supportive and comfortable. If new, make sure you wear them for at least 2 weeks, eight hours a day!
- water proof poncho
- windbreaker or ski type shell
- 1 pair gloves (for warmth if you are a person that gets cold hands)
- 1 cotton or flannel long-sleeved shirt
- 1 pair long pants (loose-fitting, heavy duty)
- 1 pair sweat pants or long johns
- 2 pairs gym or walking shorts
- Light weight athletic shoes (closed toed Keens are fine - no open toed sandals!)
- 3 t-shirts
- underwear
- bandanna-type handkerchief
- swimsuit
- Day pack or small duffel bag with the following contents: towel, soap, shampoo, personal toiletries, complete set of clothes. This will be left at base camp for your return trip.

EQUIPMENT - If you don't have some of these items, let us know so we can gather supplies for you.

- backpack with hip strap (ABSOLUTE MUST)
- warm sleeping bag (temp. can drop to 30 F at night) - stuff sack too!
- bungee cords to secure sleeping bag if needed for your pack (Camp has extras)
- insulated sleeping pad
- sun screen - SPF 15 or above- (small container)
- mosquito repellent
- small flashlight (with new batteries)
- 2 - 1 quart plastic water bottles, with secure tops (Nalgene bottles are great!)
- hand towel
- tooth brush and small tube of toothpaste
- lotion
- chapstick
- sunglasses (if you'd like)
- pocket knife
- 2 - 30 gallon plastic bags
- disposable camera (if you'd like)

REMEMBER: Everything you bring must be carried on your back and you will still need to have room for food and equipment.

CAMP WILL PROVIDE: cooking equipment, food, first aid kits, biodegradable soap and shampoo, rope, tarps, bibles, paper, pencil, etc.

DO NOT BRING: radios, guns, sandals, or private food supplies. Absolutely forbidden are alcoholic beverages, marijuana, chewing tobacco, cigarettes, or other smoking material or drugs.