

### Mandatory Equipment Checklist

It is imperative that you bring the following equipment for both your comfort and safety. We may encounter temperatures ranging from 20°F to 100°F, in addition to rain and snow. Please bring only what is on the list, no more, no less.

- \_\_\_\_\_ (2) LONG PANTS (quick drying, no jeans)
- \_\_\_\_\_ (2) LONG SLEEVE SHIRTS
- \_\_\_\_\_ (1) HIKING SHOES (hightop tennis, light hikers)
- \_\_\_\_\_ (5) SOCKS (2 cotton, 3 wool)
- \_\_\_\_\_ (1) SKI HAT
- \_\_\_\_\_ (1) RAIN SUIT (waterproof, durable)
- \_\_\_\_\_ (?) UNDERWEAR, as needed
- \_\_\_\_\_ (1) LONG UNDERWEAR (synthetic top/bottom)
- \_\_\_\_\_ (1) HAT ( with brim for sun protection)
- \_\_\_\_\_ (1) TOOTHBRUSH/PASTE
- \_\_\_\_\_ (1) TOWEL (compact, quick drying)
- \_\_\_\_\_ (1) SOAP
- \_\_\_\_\_ (1) SUNSCREEN (SPF 15 or higher)
- \_\_\_\_\_ (?) TAMPONS/ZIPLOC BAGS
- \_\_\_\_\_ (?) MEDICATION (given to nurse)
- \_\_\_\_\_ (2) WATER BOTTLES
- \_\_\_\_\_ (1) SLEEPING BAG/STUFF SACK (synthetic, rated to 20°F)
- \_\_\_\_\_ (1) SLEEPING PAD (compact, ensolite, thermarest)
- \_\_\_\_\_ (1) LARGE DUFFLE BAG
- \_\_\_\_\_ (4) SHORTS (Quick drying)
- \_\_\_\_\_ (4) SHORT SLEEVE SHIRTS (T-shirts)
- \_\_\_\_\_ (1) RIVER SHOES (sneakers, Texas, won't fall off)( no flip-flops)
- \_\_\_\_\_ (1) WARM JACKET (synthetic pile)
- \_\_\_\_\_ (1) GLOVES (wool/synthetic)
- \_\_\_\_\_ (2) SWEATERS (wool/synthetic)
- \_\_\_\_\_ (2) SWIMSUITS (one piece or stomach covering two piece for girls and conservative with belt or draw strings for boys)
- \_\_\_\_\_ (1) SUNGLASSES & STRAP
- \_\_\_\_\_ (1) COMB/BRUSH
- \_\_\_\_\_ (1) WASHCLOTH
- \_\_\_\_\_ (1) INSECT REPELLANT (small)
- \_\_\_\_\_ (1) LOTION (small)
- \_\_\_\_\_ (1) FLASHLIGHT (extra batteries)
- \_\_\_\_\_ (1) CUP/PLATE/BOWL/UTENSILS
- \_\_\_\_\_ (1) DAYPACK
- \_\_\_\_\_ (1) CAMERA/FILM (optional, disposable is good)

**DO NOT BRING!!!!**

**SUITCASES, RADIOS, MP3 PLAYERS, IPODS, CELL PHONES, ETC.**

### Packing Instructions

All gear must fit into one duffle bag and one daypack. Equipment which will require quick access should be put in your daypack. To waterproof all other gear, place it inside a large, heavy plastic trash bag inside the duffle bag. Gear may be organized within the duffle bag by placing it in stuff sacks or plastic ziplocks. Your sleeping bag should be waterproofed in a similar method. Please label your equipment with your name.