



# Wilderness Trail

## Spring and Fall Hike Packing List

### Food

Wilderness Trail provides the supper meal on trail. Hot water will be available at camp. Each hiker should bring:

- Trail food for 1 breakfast such as: instant oatmeal, grits, Pop Tarts, etc.
- Trail food for 1 lunch such as: crackers, peanut butter, honey, tuna, cheese whiz, apples, tortillas, summer sausage
- Hot beverages such as apple cider, hot chocolate, or coffee
- Any snack food you might like: candy that doesn't melt, trail mix, dried fruit, jerky, marshmallows, etc.

### Clothes for Backpacking

Although it's more likely to be cold in the Fall, we can still see snow in the Spring. Be sure to pack warm clothes no matter the forecast, since weather in the mountains can change quickly.

- 1 t-shirt
- 1 pair of shorts or hiking pants
- 1 pair of warm pants (sweat pants, fleece pants, etc.)
- 1 long-sleeved shirt
- 1 sweatshirt, fleece, or warm jacket
- 2 pairs of hiking socks or good athletic socks
- Hiking boots or sneakers with good traction
- Poncho or waterproof rain jacket ("water resistant" means you will still get wet!)
- Undergarments
- Gloves
- Warm hat or ear cover
- Optional: Extra shoes, clogs, or sandals to wear around camp*

### Sleeping Gear

- Sleeping bag (2-3 pounds) designed for cool weather outdoor use
- Optional: Thermarest, Ridgerest, or other sleeping pad*

### Equipment

- Small flashlight
- Toilet paper in a ziplock bag
- Toiletries
- Two 1-quart water bottles (MUST add up to 2 full quarts!)
- Bowl and/or cup; spoon; fork
- 1-2 large trash bags (for wet things or trash)
- Rain cover for your pack or another large trash bag
- Extra pair of glasses or contacts
- A few large ziplock bags for trash, etc.
- Any medications you take on a regular basis
- A school backpack for any hikers under the age of 8

### Base Camp Stuff

- Change of clothes
- Towel if you plan to shower at the Property

### Optional items you might want...

- Small Bible
- Playing cards or other small games
- Walking Stick
- Camera (disposables work well)
- Sunscreen (each hike leader will carry some, but if you burn easily you may want your own)
- Hat(s) or bandanna(s)
- Baby wipes and/or hand sanitizer
- Extra socks for around camp
- Ace bandage or brace if you have joint problems
- Biodegradable soap (regular shampoos and soaps pollute the rivers)

### Please Do not bring...

- Valuable jewelry
- Personal stereos / MP3 players
- Watches or cell phones on trail (this helps preserve the retreat feel ; cell phones do not work in most of our area, also)
- ABSOLUTELY NO drugs or alcohol
- Dogs or other pets