



# Winter Event Packing List

WT provides all backpacking equipment (tents, packs, etc.).

**Each participant needs to bring...**

## Hiking Clothes 1 day and 1 night of winter wilderness; think layers; pack in Ziploc bags to keep dry

- 1 t-shirt
- 1 pairs of shorts or pants for hiking
- 1 long-sleeved shirt
- 1 sweatshirt, fleece, or warm jacket
- 1 pair of warmer, long pants – i.e., rain pants or sweat pants
- Hiking boots or sneakers with good traction
- Warm hat or ear cover; thin gloves
- 2 pairs of hiking socks or good athletic socks (1 for hiking; 1 dry for camp)
- Poncho or waterproof rain jacket (“water resistant” means you will still get wet!)
- Undergarments (2 pairs is good!)

## Sleeping Gear will be used Friday at Base Camp and Saturday on trail

- Sleeping bag (2-3 pounds) designed for outdoor use
- A sleeping pad (thin foam roll to keep you warm, dry, and comfortable in tents; ~\$5)

## Trail Items best packed into Ziploc bags; always a good idea to label it with your name

- Small flashlight
- ½ roll of toilet paper in a Ziploc bag
- Toiletries (travel sizes are good) \*\*\*must pack in labeled Ziploc bag\*\*\*
- Two 1-quart water bottles (MUST add up to 2 full quarts!)
- Light plastic bowl and/or cup; spoon; fork
- 2 large trash bags (for sleeping bag covers, wet things, or trash)
- Rain cover for your pack or a few more large trash bags
- Extra pair of glasses or contacts
- A few large Ziploc bags for trash, etc.
- Any medications you take on a regular basis

## Retreat Items Pack in a small duffel bag with your name on it; one bag per person!

- A change of clothes for Sunday; leave room for Friday’s clothes to store away
- Our Base Camp has no shower facilities, but does offer flush toilets and running water
- Toiletries
- Please do not overpack for two nights away from home! We’re camping out all weekend and will keep our personal belonging neatly contained. Less is more in the woods.

## Food! & Optional Items

- Small Bible
- Playing cards or other small games
- Camera (the disposable ones work well)
- Sunscreen (each Staff 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 for joint problems
- Frisbee, ball
- Food for 2 breakfasts, 1 lunch, and snacks** that won’t spoil or melt or be too heavy. WT provides 2 retreat meals and the trail dinner. Popular food includes:
  - instant oatmeal or grits
  - Poptarts, cereal bars
  - hot chocolate mix
  - trail mix, dried fruits, nuts
  - beef jerky
  - tuna fish & crackers
  - tortillas, peanut butter, honey
  - drink mix (Gatorade, Crystal Light)
  - easy cheese, string cheese
  - granola bars, fruit cups, pudding
  - pepperonis, summer sausage

**Wilderness Food Storage:** Pack all food in Ziploc bags labeled with your name to be stored by Staff in animal-safe bags overnight.

## Do NOT bring

- Valuable jewelry
- Personal stereos / Ipods
- Pets
- Watches (they may be worn during the retreat but not on trail)
- Cell Phones
- NO tobacco, drugs, or alcohol