

Summer Event Packing List

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

In your “Hiking Bag” (please label outside of bag with your name)

- **HIKING CLOTHES (should be packed in Ziploc bags to keep them dry)**
 - 2 Hiking shirts
 - 1-2 Pairs of Shorts (athletic shorts work well and dry quickly)
 - 1 sweatshirt or long-sleeved shirt (June hikers may prefer a sweatshirt)
 - 1 pair of long pants - i.e., rain pants or sweatpants
 - Hiking boots or sneakers with good traction (make sure you break them in! Your feet will thank you)
 - Extra sandals for camp (hikers MUST wear shoes at all times, even when swimming)
 - 4-5 pairs of hiking socks or good athletic socks
 - **Poncho or waterproof rain jacket** ("water resistant" means you will still get wet!)
 - Undergarments (4-5 pairs is good!)
- **SLEEPING GEAR**
 - Sleeping Bag (2-3 pounds) designed for outdoor use
 - Sleeping pad (recommended for comfort in tents & for warmth/insulation in hammocks)
- **TRAIL ITEMS**
 - Small flashlight
 - **Any medications you take on a regular basis**
 - Toilet paper in Ziploc bag
 - Toiletries in a Ziploc bag (travel sizes are good)
 - Two 1-quart water bottles (MUST add up to at least 2 full quarts)
 - Bowl and/or cup, spoon, and/or fork
 - 3+ large (30 gallon) 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.
 - Mini hand sanitizer (1-2 oz travel sized bottle will be plenty to get you through the week!)

In your “Git Back Day backpack” (please label outside of bag with your name)

- Towel for showering

- Toiletries for shower
- Change of clothes & shoes for the drive home

OPTIONAL TRAIL ITEMS

- Small Bible
- Playing cards or other small games
- Walking Stick
- Camera (we do not allow cell phones to go out on the trail)
- Sunscreen (each Staff will carry some, but if you have a special brand/formula that works best for your skin, it's a good idea to bring your own)
- Hat/Bandanna/Buff
- Baby wipes are good for keeping clean
- Extra pair of socks for around camp
- Brace if you have a past injury/joint problems
- Biodegradable soap (regular shampoos and soaps pollute the rivers and are not allowed)
- Extra snack food that won't spoil or melt. WT will provide some snack food like granola bars and fruit cups. Popular personal food includes:
 - Trail mix
 - Candy
 - Beef jerky
 - Tuna fish & crackers
 - Tortillas
 - Drink mix (Gatorade, Crystal Light)
 - Easy cheese
 - Combos, Cheez-Its, Crackers
 - Pepperoni

DO NOT BRING

- Tobacco, drugs, or alcohol
- Valuable Jewelry
- Pets
- Cell Phones (can stay locked in the vehicle while on trail)
- Head phones, iPods, etc. (can stay locked in the vehicle while on trail)
- Watches (they may be worn at the Property, but not on Trail)