

Packing list:

- 1 full set of clothes to hike in
- 1 full set of clothes to sleep in
- A lightweight fleece jacket
- Rain jacket/poncho
- Non-cotton socks
- Sturdy shoes to hike in
- Toiletries: deodorant, toothbrush, toothpaste, bug spray, sunscreen lip balm/chapstick, hand sanitizer
- PB&J (pen, Bible, and journal) in a ziplock bag
- Medications: any medications you are prescribed to take. Epi-pen/inhaler if you are prescribed one

Optional Items:

- Sunglasses/hat/bandana
- Pocket knife/multi-tool
- Fire starting material: Matches, flint/steel, etc
- Lightweight shoes for around camp
- Trekking poles: help take the stress off of your legs
- Backpacking chair: keep it lightweight and small, see picture below. You can also just use the provided sleeping pad



Some thoughts on Clothing:

- Remember you will be wearing your hiking clothes, so only pack your sleeping clothes.
- Bring lightweight, compact, and quick drying clothing.
- Avoid cotton. It will take longer to dry out than synthetic materials.
- Long pants are recommended for hiking. They will help protect your legs from thorns, poison ivy, bugs, and sunburn. Pants can also help keep debris out of your shoes while hiking.
- Higher elevation can be chilly at night. It is suggested to bring a lightweight fleece jacket or long sleeve shirt.