

## FIELDGUIDES EQUIPMENT LIST

PACK THE ITEMS IN THIS RECTANGLE SEPARATELY, SO THEY CAN BE READY TO GO WITH YOU ON YOUR FIRST HIKE:

DAY PACK

NON-BREAKABLE 1 QUART WATER BOTTLE FILLED WITH DRINKING WATER - MAKE SURE IT WON'T LEAK IN YOUR PACK!

WARM JACKET (IF IT IS LIKELY TO BE COLD OUTDOORS)

RAIN GEAR (QUALITY RAIN PONCHO AT THE MINIMUM, RAIN SUIT IF POSSIBLE)

BANDANA IN A RECLOSEABLE PLASTIC BAG - FOR USE AS A BLINDFOLD IN GAMES  
NOTEBOOK AND PENCIL

WARM SLEEPING BAG

GROUND SHEET

A BACKPACKING SIZED SLEEPING PAD

WARM JACKET

2 PAIRS OF LONG PANTS

2 PAIRS OF STURDY SHOES (Do not bring open toed shoes or sandals. Boots & tennis shoes or two pairs of tennis shoes are recommended.)

A CHANGE OF SOCKS AND UNDERWEAR FOR EACH DAY

A T-SHIRT OR LIGHTWEIGHT SHIRT FOR EACH DAY

2 SWEATERS

LONG SLEEVED SHIRT

WOOL HAT

A CAP OR HAT TO PROTECT YOUR FACE FROM THE SUN

SHORTS

TOWEL

BATHROOM ARTICLES (SOAP, TOOTHBRUSH AND PASTE, ETC.)

FLASHLIGHT

**Check the weather forecast! If any rainy weather is forecast for any of the days you will be attending the program bring the following additional items: an additional poncho, another pair of shoes or rain boots, 6 additional pairs of socks, an extra jacket, woolen mittens, 2 extra pairs of long pants, rain pants, and 2 large garbage bags - 30 gal. size or larger. Please note that most winter coats and ski jackets are not waterproof. If rain is predicted pack everything, except your daypack items, in tightly sealed and labeled garbage bags. Come prepared for cold and wet weather!**

OPTIONAL

INSECT REPELLENT

CAMERA

EXTRA BATTERIES

PILLOW

BOOK

BINOCULARS

UMBRELLA

CLEAN CHANGE OF CLOTHING FOR THE RIDE HOME

**DON'T BRING PETS, KNIVES, CD PLAYERS, RADIOS, ELECTRONIC GAMES, EXPENSIVE CAMERAS, JEWELRY, LIQUID FILLED LIGHT STICKS, LASER POINTERS/LIGHTS, LARGE AMOUNTS OF CASH, VALUABLES, ETC.**

IF POSSIBLE PACK YOUR GEAR IN DUFFEL BAGS OR SOFT SUITCASES RATHER THAN FRAMED BACKPACKS OR HARD SUITCASES

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