

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!

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

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

WARM SLEEPING BAG

GROUND SHEET

A BACKPACKING SIZED SLEEPING PAD

WARM JACKET

RAIN GEAR (QUALITY RAIN PONCHO at the minimum, RAIN SUIT if possible)

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

A SWEATER

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:

1. **Additional rain gear, Please note that most winter coats and ski jackets are not rain proof and will soak through.**
2. **Waterproof boots-cold, wet feet are miserable-**
3. **2 additional pairs of socks**
4. **An extra warm jacket**
5. **Woolen mittens**
6. **An extra pair of long pants**
7. **Rain/snow pants**
8. **2 large garbage bags - 30 gal. size or larger. 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 ITEMS:

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.

*Please pack all items in soft duffle bags instead of hard suitcases for easier storage in cars and tents.