

FIELDGUIDES LABOR DAY EQUIPMENT LIST

This is a camping program. So think about bringing all the things that you will need for camping in the mountains. You do not need to bring individual cooking equipment such as stoves and pots, as **meals will be provided by Fieldguides**. If you would like to have your own personal cooking equipment in your campsite, it is fine with us, but not necessary. Although, the weather is usually warm and dry, we do have an occasional mountain storm that brings rain, hail, and cold weather, **please check the forecast ahead of time and plan accordingly**. Although we will truck your luggage into our basin from the wilderness gate, your gear will have to be carried by hand from our Central area to your campsite. Please consider the weight and size of your luggage when packing.

Items with * are available upon request.

Please let us know before the program begins if you need anything.

TENT*

WARM SLEEPING BAG*

SLEEPING PAD*

GROUND SHEET*

WARM JACKET*

RAIN GEAR*

2 PAIRS OF LONG PANTS

2 PAIRS OF STURDY SHOES

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

SWIM SUIT

TOWEL

WATER BOTTLE

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

FLASHLIGHT

SUNSCREEN

SUNGLASSES

IF YOU PLAN ON TAKING AN OVERNIGHT HIKE PLEASE BRING IN ADDITION:

A BACKPACKING BACKPACK*

HIKING BOOTS OR TRAIL SHOES

A SLEEPING BAG THAT FITS IN BACKPACK*

A LIGHTWEIGHT SLEEPING PAD*

WOOL SOCKS

OPTIONAL ITEMS:

FOLDING CHAIR; DAY PACK; INSECT REPELLENT; CAMERA; EXTRA BATTERIES; PILLOW;

BOOK; BINOCULARS; FISHING GEAR; MUSICAL INSTRUMENTS; SODAS/ADULT BEVERAGES;

**FOOD FOR SPECIAL DIETARY NEEDS, WE TRY OUR BEST TO PROVIDE FOOD THAT*

EVERYONE CAN EAT, BUT IF THERE ARE SPECIFIC FOODS YOU RELY ON IT IS BEST TO BRING SOME.

DO NOT BRING PETS, MUSIC PLAYERS, RADIOS, ELECTRONIC GAMES, EXPENSIVE ITEMS, JEWELRY, LIQUID FILLED LIGHT STICKS, LASER POINTERS/LIGHTS, LARGE AMOUNTS OF CASH, VALUABLES, ETC.