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|  | Packing List |

**Individual Equipment**- The following gear are our recommendations. Some items on this list are required, while others might be more personal preference. Please feel free to contact me with questions before purchasing new expensive equipment. This gear is not included in the fee. ***Important to note: We have a trailer with us to carry most of the gear you will use at the campsite like tents, sleeping bags, etc.***

\_\_Tent (no larger than 2–4-person capacity) - Can be shared by the same gender or a married couple, but please no co-habitation between mixed genders. We will coordinate with participants as we approach the retreat to see how many tents we need.

\_\_Sleeping Bag (should be rated at least 10 degrees colder than the expected night temperature) and sleeping pad (optional but recommended in colder conditions).

\_\_Good Shoes- comfortable and durable shoes with ankle support. We recommend hiking boots that are broken in or trail running shoes. “Test walk” your shoes for at least 15-20 miles or you will get blisters! Bad shoes will make for an unpleasant experience.

\_\_Backpack: It is PARTICULARLY important that your backpack fits you well! It is recommended to get an actual “backpacking” backpack with hip support. At minimum you will be packing all your clothing layers, daily water, lunch and snacks, and personal items.

\_\_Trekking Poles or walking stick (especially for those with knee issues)

\_\_Personal first aid kit (band aids, blister care, Ibuprofen, etc.)

\_\_Toiletries (toothbrush, toothpaste, soap, etc. - travel size stuff - keep it light)

\_\_Toilet paper (small quantity)

\_\_Baby wipes for “trail shower”

\_\_Rain poncho

\_\_ANY MEDICATION YOU MAY NEED. BE SURE YOU HAVE WRITTEN ANY AND ALL MEDICATIONS YOU NEED ON THE REGISTRATION FORM SO THE GROUP LEADERS KNOW.

\_\_Small flashlight/headlamp

\_\_Coffee Cup

\_\_Camp Chair

**Clothes (AVOID COTTON). Pack light. Think in layers**

\_\_Hiking Pants. Please do not wear jeans. Great pants are ones that can be zipped to become shorts.

\_\_Leggings (for beneath hiking pants)

\_\_Underwear

\_\_Socks (2 pairs minimum - synthetic/wool). Recommended are Smartwool socks.

\_\_Shirt (wicking), Long sleeve shirt (wicking), Outer Layer (i.e., Light jacket) (will often be cold in mornings)

\_\_Depending on the weather, warm hat, and gloves

\_\_Water Bladder or bottles (recommended capacity of 2-3 liters)

\_\_Individual snacks

**Individual Packing List of Things that may be useful**

* Camping pillow
* Bug spray
* Sunglasses
* Sunscreen / hat
* Phone + Charger and portable battery (used for communication and emergencies)
* Earplugs - there is a good chance another pilgrim snores
* A relaxing pair of shoes for when we are not walking (sandals)
* Compeed or other blister care