# Wilderness Fresh X
## Packing List

### FEET
- Hiking boots or sturdy shoes
- Sneakers – can double as watershoes.
- Watershoes *(for canoers)*
- Sandals *(optional)*  NO FLIPFLOPS
- 2 pr wool socks

### LOWER BODY
- 1 pr hiking or athletic pants (nylon or similar)
- 1 pr nylon gym shorts
- 1 swimsuit
- 3 pr underwear
- Rain pants *(optional)*

### UPPER BODY
- 2 tee shirts
- Long sleeve fleece top or wool sweater
- Lightweight nylon windbreaker *(optional)*
- Waterproof rain jacket: can double as windbreaker
- Hat with brim
- 1 wool knit hat *(optional)*

### PERSONAL ITEMS
- Small notebook and pen
- Sunglasses
- Backpack (small, for day hike)
- Non-breakable bowl and spoon
- 2 one-liter water bottles
- Flashlight or headlamp with extra batteries
- Sunscreen
- Chap stick
- Insect repellent  NO AEROSOL CANS
- Toiletries
camera in waterproof container *(optional)*
- Contact lenses or glasses
- Frisbee, football, card games, etc.
- Prescription medications- List on your med form

### GEAR THAT CAN BE PROVIDED
- Sleeping bag
- Sleeping pad
- Climbing shoes *(rock climbers only)*

### DO NOT BRING
- Cell phones, ipods, electronics (cameras permitted)
- Excessive cash (you need no spending money)
- Flip flops