



Wilderness Fresh X Packing List

	FEET
	Hiking boots or sturdy shoes
	Sneakers – can double as watershoes.
	Watershoes (<i>for canoers</i>)
	Sandals (<i>optional</i>) NO FLIPFLOPS
	2 pr <i>wool</i> socks
	LOWER BODY
	1 pr hiking or athletic pants (nylon or similar)
	1 pr nylon gym shorts
	1 swimsuit
	3 pr underwear
	Rain pants (<i>optional</i>)
	UPPER BODY
	2 tee shirts
	Long sleeve fleece top or wool sweater
	Lightweight nylon windbreaker (<i>optional</i>)
	Waterproof rain jacket: can double as windbreaker
	Hat with brim
	1 wool knit hat (<i>optional</i>)
	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 repellant NO AEROSOL CANS
	Toiletries
	camera in waterproof container (<i>optional</i>)
	Contact lenses or glasses
	Frisbee, football, card games, etc.
	Prescription medications– List <i>on your med form</i>
	GEAR THAT CAN BE PROVIDED
	Sleeping bag
	Sleeping pad
	Climbing shoes (<i>rock climbers only</i>)
	DO NOT BRING
	Cell phones, ipods, electronics (cameras permitted)
	Excessive cash (you need no spending money)
	Flip flops