



WHAT TO BRING.

Get comfortable carrying uncomfortable things. Cool nights, warm days, wet feet, pack for all three. **Start hydrating a week out, not the night before.**

FEET & BODY

- ☐ Trail or running shoes, broken in
- ☐ Extra shoes + several pairs of socks
- ☐ Sandals or camp shoes
- ☐ Gloves
- ☐ Body glide / chafe prevention
- ☐ Leukotape or moleskin
Medical will carry some. Bring your own too.

HYDRATION & FUEL

- ☐ 20–30 oz bottle or 1–2L hydration pack
- ☐ Electrolytes
- ☐ Snacks

SLEEP SYSTEM

- ☐ Sleeping bag, rated for cool nights
- ☐ Sleeping pad or cot
- ☐ Tent
- ☐ Pillow
- ☐ Warm sleep layer, beanie or fleece
- ☐ Earplugs
- ☐ Camp chair

For circle-up and fireside time.

WEATHER & LIGHT

- ☐ Changes of clothes
- ☐ Rain jacket or poncho
- ☐ Headlamp + batteries or charger
- ☐ Sunscreen and bug spray
- ☐ Bug net or hat

HYGIENE & PERSONAL

- ☐ Toothbrush and toothpaste
- ☐ Personal medications
- ☐ Camp towel or washcloth
- ☐ Hand sanitizer / wet wipes

KEEP IT DRY

- ☐ Ziplocs or a dry bag
- ☐ Clothesline, for hanging wet clothes

SHELTER Bring a tent, or borrow one from a buddy. If you can't get one, reach out ASAP. We'll help find one for you! Don't let gear be the obstacle that keeps you from coming.