

# THE BACKPACKER PALUZA

## (DA STUFF TO BRING)

Anything you bring might get wet or lost, so leave anything of great value at home.

### Backpacking Clothing (keep it light) Why

TENNIS SHOE or HIKING BOOT (1)

For hiking in. If you are not used to hiking boots, we strongly suggest using a sturdy tennis shoe or running shoe. We discourage purchasing new foot wear for this trip! Break them in before you arrive!!!

SANDAL OR EXTRA TENNIS SHOE (1)

For wearing in the water and around camp. Sandals need to have an ankle strap (no flip-flops or "water socks")

SOCKS (3)

2 pair cotton 1 pair wool

UNDERWEAR (2)

To wear

T-SHIRTS (2)

To wear

LIGHTWEIGHT PANTS (1)

Jeans discouraged

SHORTS (1)

To wear, nylon is best

SWIMSUIT (1)

To swim in (Please keep it modest/appropriate for athletic activity)

HAT / VISOR (1)

To block the sun

WINDBREAKER (1)

Rain resistant if possible

SWEATER or WARM JACKET (1)

Wool if you got it. It can get cold at night and in the morning

### Equipment Stuff (keep it light)

BACKPACK

With frame and waist belt. Approximately 3,000-4,500 Cubic Inches

This is how you will be carrying your gear and the group's food.

SLEEPING BAG

To sleep in

SLEEPING PAD

The ground is much harder than your bed

TOOTH BRUSH

Morning breath

CHAPSTICK / BLISTEX

With some sun protection (spf)

SUN SCREEN

It's bright out there

RAIN PONCHO

Cheap is ok- a large plastic trash bag would work

FLASH LIGHT

It's dark at night (don't forget the batteries)

WATER BOTTLE (Filled)

To carry water (1 Liter or 1 Quart or 2 Pints)

PERScription MEDICATIONS

Mosquito Repellant (optional)

So the bugs won't bug you

Large Plastic Bag

For Backpack and Sleeping Bag in the rain

Bible (small)

Trust us, you'll want to avoid that 10 pound family Bible..

### Camp Stuff (Bring in a separate bag, you will leave all of these at our main camp)

CLEAN SWIMSUIT / SHORTS (NYLON)

To get wet in (Please keep it modest/appropriate for athletic activity)

CLEAN SHIRT (1)

Clean and Dry clothing is a good thing

CLEAN SHORTS (1)

Clean and Dry clothing is a good thing

CLEAN PANTS (1)

Clean and Dry clothing is a good thing

CLEAN UNDERWEAR (1)

Clean and Dry clothing is a good thing

CLEAN SOCKS (1)

Clean and Dry clothing is a good thing

TOILETRIES (Like deodorant, shampoo, soap, towel...) To get clean

NOTE: ALL PIANOS, TROMBONES, AND KAZOOS ARE WELCOME. BUT ALL SATELLITE-DISHES, TV SETS, CELL PHONES, ELECTRONIC GAMES, MUSIC PLAYERS AND JUNK FOOD/DRINKS ARE NOT ALLOWED.

