



Wilderness Outdoor Leadership Foundation
301 Science Dr. Suite 142
Moorpark, CA 93021
(818) 991-6707

PACKING LIST - 3 DAY PROGRAM

*****DONT FORGET THESE ITEMS: DAY PACK, WATER BOTTLE, SLEEPING BAG, CLOSED TOED SHOES*****

CLOTHING & GEAR

- 3 SHIRTS
- 2 PAIR CLOSED TOED SHOES
- 4 PAIR SOCKS
- 3 CHANGES – UNDERWEAR
- 2 LONG PANTS
- 1 SHORTS
- SWIM WEAR (IF APPLICABLE)
- SWEATER OR LIGHT JACKET
- WARM JACKET
- HAT
- RAIN GEAR
- BANDANA
- SMALL DAY PACK
- WATER BOTTLE OR CANTEEN

DORMITORY AND SLEEP ITEMS

- SLEEPING BAG OR BED ROLL
- SLEEPING MAT OR PAD (IF TENT CAMPING)
- PILLOW
- SHAMPOO
- TOOTHBRUSH AND TOOTHPASTE
- COMB OR BRUSH
- BATH TOWEL AND FACE CLOTH
- PERSONAL HYGIENE ITEMS
- SOAP

COLD WEATHER GEAR (AS NEEDED)

- THERMAL UNDERWEAR
- WARM GLOVES
- WOOL HAT
- SCARF
- TURTLENECK

OPTIONAL LIST

- SUNGLASSES
- SUNSCREEN
- CHAPSTICK
- SHOWER SANDALS
- FLASHLIGHT
- CAMERA
- BINOCULARS
- WATCH
- READING BOOK, PLAYING CARDS OR QUIET GAMES
- NOTEBOOK AND PENCIL(S)
- PLASTIC BAG FOR DIRTY LAUNDRY

DO NOT BRING

CANDY, GUM, OR FOOD
MONEY
RADIO
KNIVES
ELECTRONIC GAMES
BLOW DRYERS
CURLING IRONS
AEROSOL CANS

*****PLEASE LABEL ALL CLOTHING AND PERSONAL ITEMS*****

WOLF IS NOT RESPONSIBLE FOR LOST CLOTHING OR PERSONAL ITEMS