

Clothes

2 Zipper Pants (short and long leg combo)
2 Long Sleeved Shirts
4 prs. Hiking Socks
1 pr. Hiking Boots
1 Hat (wide-brimmed hat with tie)
1 handkerchiefs/bandanas
1 Pair Gloves
1 Pair Long Underwear
1 Pullover Fleece (jacket or coat)
1 Pair Rubber Sandals (Texas or similar)
4 Quick Dry Underwear
4 Quick Dry T-shirts
2 Quick Dry Long Sleeved T-shirts
1 Rain coat/poncho

Hiking Items

Fanny Pack (for snacks/water bottles) and/or small Backpack for personal items
2 Hiking Sticks – **REQUIRED**

Snacks

1 jar of peanut butter (not everyone needs to bring 1 if you are willing to share- team may want to coordinate)
1-2 Refillable Water Bottles or liter size camel bag
Power Bars or Granola Bars (quantity depends on each person's eating habits)
8 or more hot drink mixes (Hot Chocolate, instant coffee, cider, tea, etc.)

Supplies

1 roll of Duct-tape
Swiss Army Knife and Pliers
Head Light (useful for reading at night/writing in journal) or flashlight
Zip-Lock Bags (quart and gallon size)

Personal

Solar shower (not everyone needs to bring 1 if you are willing to share- team may want to coordinate)
1 – 2 Bath Towels, Wash clothes
Sleeping Bag (warm to 32 degrees), camp pillow and Sleeping Pad/mattress
Plastic tarp to put under your sleeping pad (to keep it clean and safe from punctures)
Digital Camera and accessories (batteries, etc.)
Soap, Toothbrush, Toothpaste, Deodorant, Shampoo,
Lotion, chapstick, eye drops, saline nasal spray (dry climate).
Sunscreen, Sunglasses (high altitude)
Personal medications (aspirin, decongestants, anti-diarrheal, prescriptions, etc.)
Kleenex, Wet Ones or Baby Wipes
Hand sanitizer
Laundry soap
Bible, Journal and Pen/Pencil for devotions
Ear Plugs (for sleeping)