

1. _____ Water Container – 1 quart minimum (Canteen preferably)
2. _____ Socks – 4 pairs (Ankle-high socks recommended)
3. _____ Tent (One-man or two-man tent) If you don't have a tent, talk to your instructor and you might be paired with someone who has a tent.
4. _____ Two changes of clothes w/ long-sleeve shirt and trousers (Mosquitos come out at night).
5. _____ Towel
6. _____ Some type of hat to protect from the sun
7. _____ Sleeping bag w/ pillow
8. _____ Flashlight w/ extra batteries
9. _____ Medication if needed
10. _____ Full toe shoes (Tennis shoes) No flip-flops, sandals, crocs, or slides
11. _____ Garbage bag for dirty clothes
12. _____ Toiletries (Toothbrush, hand sanitizer, wipes, deodorant)
13. _____ Insect Repellent
14. _____ Sunscreen
15. _____ Sweatshirt or a light jacket
16. _____ Snacks – beef jerky, granola bars, etc.
17. _____ Pt Shirt and any shorts (Will be worn on Saturday)

Optional Items:

- Lantern
- Rain gear
- Cell phone
- Snacks: beef jerky, granola bars, etc.
- sunglasses
- lip balm

These items are prohibited:

- Alcohol
- Tobacco
- Firearms
- Knives
- Radios