



GEAR LIST

CLOTHING (Nylon/Athletic or something that dries quickly)

- T-shirts, 2
- Shorts, 1
- Long Pants (Nylon preferred), 1
- Socks, 3 pr.
- Sneakers/Boots, 1 pr.
- Camp shoes (sandals, flip flops, *light* water shoes), 1 pr.
- Beanie, 1
- Fleece or sweatshirt, 1
- Long Underwear, top and bottoms, 1
- Rain gear or poncho, 1
- Underwear, 2 pr.
- Bathing suit, 1 pr.

HYGIENE AND PERSONAL CARE

- Toothbrush and Toothpaste
- Toilet Paper
- Towel (polyester)
- 2 X-Large Trash bags

MISCELLANEOUS

- Sunscreen
- Sunglasses
- Bible
- Disposable camera (not necessary)

FOR THE DRIVE

- Comfortable clothes
- Snacks

FOOD

- Peak 7 provides the minimum amount of food to conserve weight.
- You may wish to bring some energy/ nutrition bars.
- You will be carrying this food with you so pack light.



What Not to Bring

- Tobacco Products
- Firearms
- Knives longer than 3 inches
- Electronic Devices (eg. IPod, MP3, etc..)
-

