Walkabout

Clothing and Equipment Checklist

You will need:

______ Small Bible or New Testament
______ 1 pair hiking boots (supportive and protective shoe)
______ 1 pair tennis shoes or running shoes
______ 1 pair sandals
______ 4 pair of socks - 2 heavier hiking type or 2 polypropylene liner socks – not cotton
______ 1 pair of durable long pants, preferably polypropylene/wool/fleece for warmth – not cotton
______ 1 light weight bathing suit
______ 2 T-shirts or tank tops polypro material (Under Armor/Starter brand with Dry Star are great)
______ 1 long sleeve heavy shirt (polypropylene/wool) and sweater (polypropylene/wool) – not cotton
______ 1 light weight parka or windbreaker (water proof)
______ 1 rain garment - poncho, etc. Must be water proof - not just resistant
______ 1 wool stocking cap (mornings could be cool)
______ 2 sets of underwear (if you plan on using your bathing suit count it as a set) Female students may want to bring an additional set.
______ 1 toilet kit, small towel, tooth brush, baking soda, etc. - keep it light since you will carry it
______ 1 belt or suspenders - whatever you need to hold your pants up
______ 1 pair of light weight gloves or mitts, polypropylene/wool or synthetic weave, no leather or ski gloves
______ 2 bandanas
______ 1 pair spandex shorts to wear underneath shorts - prevents chaffing
______ 1 pair of sunglasses
______ 1 headlamp/flashlight (small) and extra batteries
______ Insulated cup, a bowl and a durable, plastic spoon
______ 25 feet alpine cord or parachute cord (lightweight braided utility cord 5mm dia. or smaller) for tarps and solo shelters (REI sells 25’ for about $3)
______ 1 first aid kit, stocked with materials having to do primarily with blisters, i.e. Vaseline, moleskin, Band-Aids.
______ 1 tube of sun screen or suntan lotion - SPF 8 or higher
______ Lip salve - Blistex, etc. are good- look for UV protection
______ 2 mosquito repellants, plastic bottles or tubes only (Jungle Juice from REI is very effective) (no aerosol cans or 100% DEET)
______ Pen and pencil
______ Journal
______ Women should bring necessary feminine products (trust us, you are very likely need them)
______ Duffle bag - anything but a stiff suitcase (labeled with name, address) in which to put all the extra things you don't want to carry while on the course (must stay in the vans)

Optional:

______ Fanny pack
______ Wet wipes
______ Camera and film
______ Pocket knife (no sheath knives) - Swiss army knives are good but expensive
______ Small sewing kit
Extra long pants – not cotton
Long underwear – not cotton
Light weight musical instrument
Small frameless day pack
Plastic gallon size Ziploc bags

‘Polypro’ and Wool is the best material as it does not absorb moisture and it retains it's ability to insulate even when wet. If one is allergic to wool, substitute imitation synthetic wool such as polypropylene /acrylic/silk. Most Goodwill, Salvation Army, Army Surplus, and thrift stores sell second-hand Polypro and wool garments which will be suitable and much cheaper than new ones.

Glasses or contact lenses: Bring an extra pair and/or “Chums” straps to hold on to your glasses. Contacts are easily lost under outdoor conditions. They may also cause eye trouble due to change climate, altitude and activities. Students and parents should be aware of the risk of loss.

Women: we recommend the use of tampons. Bring enough for two periods as the change in altitude and activities can cause menstrual cycle irregularity.

Waterproofing: You may want to use Nik Wax on your leather boots or shoes to protect from rain and water.

DO NOT BRING -
Our time in the wilderness is a sacred one. Please do not bring items that may be a distraction to the quietness that we seek so that we may hear from God. Such items might include…

Playing Cards
iPods
Cell Phones (each team leader will have one in an emergency)
Anything that smells (ie. candy, toothpaste, food, deodorant, soap, scented towels, scented toilet paper, scented feminine products, etc.)