

HIGH ADVENTURE GEAR LIST

*BACKPACK	CAMERA, FILM
*BACKPACK COVER	MATCHES
*SLEEPING BAG	LIP BALM
*SLEEPING PAD	COMB
*PILLOW	LARGE ZIP LOCK BAGS, 2GAL
*BOWL	RUBBER BANDS
*UTENSILS (SPORK)	WHISTLE, MIRROR
*CUP	COMPASS
TENT (CAN USE TROOPS)	TOILET PAPER, TISSUES
*GROUND CLOTH	DIAPER WIPES
*POCKET KNIFE	HAT
*HEAD LAMP	SUN GLASSES
EXTRA BATTERIES	HIKING BOOTS
*PLATYPUS (2L OR MORE)	TENNIS SHOES
SMALL FIRST AID KIT	SANDALS
MOLE SKIN	SWEATSHIRT
SUN BLOCK	COAT
BUG SPRAY	SWIM SUIT
*RAIN SUIT (NOT A PONCHO)	LONG PANTS (1 PAIR)
*BACKPACKING CHAIR	- ZIPOFFS
SOAP, SHAMPOO	SHORTS (2 PAIR)
TOOTH BRUSH	T-SHIRTS (2-3)
TOOTH PASTE	UNDERWARE (2-3)
DENTAL FLOSS	*HIKING SOCKS (3 PAIRS)
TOWEL	- SMARTWOOL, LINERS
LIGHT GLOVES	

YOU MAY NOT NEED EVERYTHING ON THIS LIST! YOU MAY WANT TO BRING ADDITIONAL ITEMS. IT IS ALSO A GOOD IDEA TO SHARE SOME OF THESE ITEMS.

***THESE ITEMS ARE MANDATORY OR AT LEAST HIGHLY RECOMMENDED. TALK TO ME BEFORE PURCHASING THESE ITEMS, IF YOU DON'T ALREADY HAVE THEM.**

ANY QUESTIONS, PLEASE TALK TO DR. KEZELE!