

## Suggested Packing List

### Bring Bag lunch and drink for first day

#### *Clothing*

Runners or light hikers  
Sandals or water shoes  
Thick and thin socks (5)  
Underwear  
Shorts  
Long pants  
T-shirts  
Long sleeved shirt  
Warm sweater or fleece  
Waterproof jacket  
Bathing suit  
Pajamas  
Hat

#### *Toiletries*

Toothbrush  
Toothpaste  
Towel  
Facecloth  
Comb or brush  
Soap (in a container)  
Sunscreen  
Mesh bag for toiletries

#### *Bedding*

Sleeping bag  
Sleeping pad/mat

#### *Miscellaneous*

Flashlight  
Sunglasses  
Watch  
Camera  
Book  
Cards  
Day pack

#### *Camping (if tenting)*

Tent with tent fly or tarp

Ground Sheet  
Enough poles, pegs?

#### *Meals*

Bag Lunch for first day  
**Labelled** Hot liquid cup (for campfire)  
Mesh bag to hang mug (to air dry)  
**Labelled** Tupperware (large enough for a kaiser bun sandwich)

Important: Line pack or suitcase with a garbage bag  
– then add clothing for waterproofing during transit

#### *Other things to bring*

√ Singing voices  
√ Diary  
√ Positive attitudes  
√ Clothing for sun or rain  
√ A good book

#### *Things not to bring*

× Electronics  
× Knives  
× Cell phones  
× Curling Iron/similar  
× Money  
× Jewelry  
× Junk food  
× Make-up  
× Negative attitudes  
× Anything you don't want dirty, lost or broken