



PERSONAL EQUIPMENT LIST

- 1 Sleeping Bag (down or polyester fiberfill) with stuff sack
- 2 Sleeping Bag Liner or Light Sheet
- 3 Backpacking-type sleeping pad (closed-cell foam or Therm-A-Rest type)
- 4 One pair of hard-soled, lightweight hiking boots
- 5 One pair of sports-type shoes (canvas, leather or nylon)
- 6 One laundry bag with drawstring
- 7 WFSI tee shirt (provided-you will get this in June)
- 8 Wristwatch
- 9 One Day-Pack (to be carried on bus):

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| <input type="checkbox"/> poncho or rain gear | <input type="checkbox"/> 1 liter plastic water bottles (2) |
| <input type="checkbox"/> chapstick | <input type="checkbox"/> insect repellent |
| <input type="checkbox"/> gloves | <input type="checkbox"/> knit cap |
| <input type="checkbox"/> sunscreen | <input type="checkbox"/> baseball-style cap |

10 Green Dufflebag (supplied by WFSI):

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|--|---|
| <input type="checkbox"/> 8 pairs of socks (2 heavy wool, 2 synthetic, 4 miscellaneous) | |
| <input type="checkbox"/> 6 tee shirts or other shirts (any combination) | |
| <input type="checkbox"/> 1 long-sleeved shirt (flannel-type preferably) | |
| <input type="checkbox"/> 1 wool sweater or warm jacket | <input type="checkbox"/> 2 washcloths |
| <input type="checkbox"/> 6 changes of underclothing | <input type="checkbox"/> 1 or 2 pairs of long pants |
| <input type="checkbox"/> 1 set of long underwear (optional) | <input type="checkbox"/> 3-6 pairs of shorts |
| <input type="checkbox"/> 1 set of nightwear | <input type="checkbox"/> 1 coat or ski-shell jacket |
| <input type="checkbox"/> 2 bath towels and 1 hand towel | <input type="checkbox"/> 1 swimsuit |

11 Personal need items (stored on bus in personal storage area):

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|---|--|
| <input type="checkbox"/> toothpaste, brush and floss | <input type="checkbox"/> shaving needs |
| <input type="checkbox"/> soap container and soap | <input type="checkbox"/> pre-moistened towelettes |
| <input type="checkbox"/> unbreakable container of shampoo | <input type="checkbox"/> personal medications (location reported to staff) |
| <input type="checkbox"/> deodorant | <input type="checkbox"/> flashlight and extra batteries |
| <input type="checkbox"/> hair brush and comb | <input type="checkbox"/> personal first-aid items (band-aids, moleskin, |
| <input type="checkbox"/> sunglasses | <input type="checkbox"/> aspirin, sunscreen, aloe, etc.) |
| <input type="checkbox"/> kleenex | (NO COSMETICS) |

12 Items for above-the-seat storage (in WFSI-supplied plastic basin):

- field notebook (small enough to keep in your pocket)
- pencils, pens and erasers (any school supplies to help make your journal a great scrapbook)
- 8 1/2 by 11-inch spiral-bound notebook (100 pages minimum) = JOURNAL
- envelopes, postage stamps and addresses for writing home
- folder containing your maps, trip itinerary, participant list, and other handouts

13 Student identification (driver's license or school ID)