**Items to bring for Backpacking (minimum):**

* Lightweight Hiking Boots and toed sandals.
* Light weight shelter (weather depending)Tent (R)
* Light Weight Back Country Backpack. (R)
* Light Low temp Sleeping Bag.(R)
* Light weight Sleeping Pad. (R)
* Headlamp or Light Flashlight.
* Lightweight Water Bottle/Canteen 2 Qt.(no glass)
* Cup/Bowl/Fork and Spoon
* Snacks: Trail Mix, Jerky, Electrolyte Drink Mix. Trail mix, Power, Granola, Bars.
* Food Bag/plastic ziplock bags/ trash bags
* Signaling Device: Whistle, Mirror

**Clothing using the "layer" principle**:

|  |  |
| --- | --- |
| * 2 Thinsulate Style “wicking” Shirt
 | * Lightweight Fleece mid-layer
 |
| * Lightweight warm outer layer-jacket
 | * Lightweight Shorts – 1 pair
 |
| * Thermal Underwear
 | * Lightweight pants- 1 pair
 |
| * Insulating Hat (wool or fleece)
 | * 2 pairs liner socks (synthetic)
 |
| * Toilet Paper/Toothpaste/Toothbrush
 | * Spare Eyeglasses/contacts
 |
| * Personal Meds-215’s not allowed
 | * Camp footwear(sandals/light shoes)
 |
| * 3 pairs of heavy socks
 | * Rain Gear
 |
| * Sun Hat/Sun Screen
 | * Insect Repellant
 |
| * Microfiber towel
 | * Gloves
 |
| * Sun Glasses
 | * Sun screen
 |

**Optional:**

|  |  |
| --- | --- |
| * Pocket Knife
 | * Binoculars
 |
| * Camera
 | * Handkerchief
 |

 **Clothing for Rafting (Pack in separate bag):**

|  |  |
| --- | --- |
| * Swimsuit or shorties (wetsuit)
 | * Warm clothes
 |
| * Towel
 | * Jacket
 |
| * 2 warm changes of clothes
 | * Dry shoes for after rafting
 |
| * Synthetic Shirt to wear under splash top and keep you warm (rash guard, fleece, or any noncotton material)
 | * Water shoes with heal strap
 |
|  |  |
|  |  |
|  |  |

**VETS will bring:**

|  |  |
| --- | --- |
| * Water filter, rated for Giardia
 | * Matches/Lighter
 |
| * Cooking Utensils/Cook Pots
 | * Cooking Stove and Fuel
 |
| * Map/Compass
 | * Trowel
 |
| * First Aid Kit
 | * Meals
 |

(R) Gear can be rented at Center Activities

**Drugs, Alcohol and Tobacco:** The use of drugs, alcohol and tobacco is not allowed during VETS trips (including medical marijuana).