**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).