Eagle Quest

*General Summer Packing List*

You will need the following items for your Eagle Quest experience. Note that there are valuable tips given for each item.

REQUIRED ITEMS

\_\_\_\_ **SLEEPING BAG**

 DO NOT bring a big, bulky sleeping bag. Bring one that can be compressed to a small size

 (Tip: go to Wal-Mart and buy a cheap fleece bag)

 **CLOTHES**

**\_\_\_\_**  T-shirts

 *Light colored t-shirts are nice as they retain less heat. NO TANK TOPS.*

 *Bring one for every day or less if you desire. (it is best to only take 2 on trail)*

*\_\_\_\_* Shorts

 *Bring at least one or two pairs that are longer for wearing a harness. (2 pairs on trail; at least one should be used for swimming.)*

*\_\_\_\_* Underwear

\_\_\_\_ Socks

 *Bring one pair for every day you’ll be here. You’ll need it! (3 pairs is a good number for a week on trail)*

*\_\_\_\_* Rain Gear

 *Poncho or parka, essential for the trip!*

*\_\_\_\_* Bandanna(s)

 *Great for sun protection and countless other things*

*\_\_\_\_* Swimsuit

 *Even if you can’t swim, bring one anyways! Be Modest please. (Often times we hike and swim in the same clothes.)*

*\_\_\_\_* Boots

 *The area is rocky, so high top boots are preferred. Tennis shoes are ok. A thick sole will keep your feet less sore.*

*\_\_\_\_* Water Shoes/Sandals

 *You will be required to wear these while in the water*

*\_\_\_\_* Lightweight Jacket or long-sleeved shirt

 *For cold nights/mornings.*

*\_\_\_\_ Pants: One pair is enough. Don’t bring jeans or heavy cotton. Lightweight synthetic fabrics are best.*

*\_\_\_\_* Funny style fancy outfit, for our end of the trip celebration dinner.

 *For our final celebration meal at the end of the trip.*

*All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry. We recommend that you do not bring jeans.*

**OTHER STUFF**

*\_\_\_\_* Water Bottles

 *Two water bottles carrying about 1 L each.*

\_\_\_\_Hydration System

 *Camelbak style water bladder and hose (Can be found at wal-mart’s camping section)*

*\_\_\_\_* Toiletries

 *Toothbrush, toothpaste, (shampoo, towel, etc. FOR BASE CAMP ONLY).*

*\_\_\_\_* Flashlight with extra batteries

\_\_\_\_ Sunglasses

\_\_\_\_ Sunscreen, Chap Stick, Bug repellant

\_\_\_\_ Bible & notebook/journal with pen

\_\_\_\_ Medications

 *All doctor prescribed medications must come in the prescription bottle with directions.*

OPTIONAL ITEMS

\_\_\_\_ Long pants (1 Pair will suffice)

 *For cold nights/mornings. No blue jeans for trail.*

*\_\_\_\_* Hat

 *To help shield from the sun!*

*\_\_\_\_*  Stocking cap/beanie

 *Helps with cold nights – if you get cold easily.*

*\_\_\_\_* Camera with film/batteries

\_\_\_\_ Day pack or fanny pack

DO NOT BRING

Radios, CD Players, electronic devices, two way radios, cell phones, watches a bad attitude…

WE WILL PROVIDE FOR YOU….

Backpack First Aid Kit

Tent Food

Sleeping pad Water filter

Stove Cooking utensils

Cooking Pots Bowl and spoon