

# WHAT TO BRING

We have designed this trip so that you will not need to go out and buy all new outdoors equipment. Since we are staying at a base camp each night and doing only day hikes, there will be no need for serious types of backpacking equipment.

## CLOTHING

- Tennis shoes & hiking shoes
- Long pants (x2)
- Shorts (x2)
- Long sleeved shirts (x3)
- Tee shirts
- Underwear & socks
- Pajamas
- Sweatshirt, warm jacket
- Clothes that can get dirty/wet
- Baseball cap or bucket hat
- Raingear
- Laundry bag

## OTHER ESSENTIALS

- Pillow & warm sleeping bag
- Sleeping pad (optional)
- TWO water bottles
- Flashlight
- Small Bible, notebook, & pen/pencil
- Shower towel
- Soap, shampoo, toothbrush, & toothpaste
- Sunscreen, lip balm, & insect repellent
- Camera
- Sunglasses
- Spending money

## YOUR MAIN BAG AND YOUR DAY PACK

We suggest you have 2 different bags: (1) your main bag and (2) your day pack. Your main bag for the trip will include all the clothing and items listed below and will stay in the tent with you. Your day pack will fill up each day with your lunch, drinks, Bible, and weather gear, and you will carry it with you on the hikes. A normal backpack will suffice, although a large hip pack may also work.

## TEMPERATURE-APPROPRIATE CLOTHING

The temperatures will range from 77° in the days to around 40° at night. Bring clothing that you would typically wear on a fall day. When we hike into the mountains, we will usually start off wearing shorts and a tee shirt, but we encourage having weather gear and a pair of pants along in case the weather changes drastically while on the mountain (these clothing items should be lightweight and able to fit into your day pack). Please keep in mind as you pack that Arrowhead strives for a modest standard of dress.

## FOOTWEAR

Footwear is important on this trip. You don't need to have top-of-the-line hiking boots, but be sure that your pair is durable and in good condition. If you are purchasing new shoes, we recommend to begin wearing them around immediately, to help break them in. Wearing new boots on our trip will probably leave you with blisters after our hikes. Your choice of sock is also important. We recommend a durable boot sock rather than a white cotton sock. Lastly, also bring a pair of tennis shoes to wear around base camp...these will feel nice after a day of hiking.

