

## **Required Clothing and Equipment**

### **Clothing (Required)**

- 2 pairs of Shorts
- 2 T-shirts (not cotton)
- 1 pair Long Pants (hiking pants, Not cotton)
  - I prefer to hike in long pants, but that is a personal preference
- Fleece or wool sweater
- 4-5 pairs of underwear
- 1 long-sleeve base layer or merino wool shirt
- 1 Long underwear, or base layer bottoms
- 2-4 pairs of light to mid-weight wool or poly blend socks
- Rain gear (poncho or rain jacket/ rain pants)
- 1 Winter Hat and Gloves (depending on weather forecast)
- Hiking shoes (must have solid soles and cover toes)
- Sandals (to wear around our campsite)

### **Toiletries (Required)**

- Toothbrush & toothpaste, travel sized
- Feminine hygiene items- if necessary

### **Other (Required)\***

- Pencil or pen, notebook/ journal, small sized Bible
- Headlamp or Flashlight (extra batteries)
- Sleeping bag (rated to 32 degrees or colder)
- Sleeping pad (closed cell foam)
- Mess kit (bowl, camping mug/ plastic travel mug, spoon)
- Backpack (65 L or above)
  - Please be sure all buckles are functioning and that the hip belt fits tightly around waist
- Sunglasses
- 2 Water Bottles- (Nalgene please)
- 2 Large garbage bags
- 2 Quart sized Ziplock bags

### **Optional Items**

- Trekking poles
- Camera (plan to use a camera other than your cell-phone. All cell-phones will be left at YAA)
- Ball Cap
- Bandana
- Swim suit (girls-one piece only)
- Towel (microfiber is best)
- Small knife
- Sandals or comfortable shoes for around camp
- Insect Repellent (no aerosol cans)
- Soap (biodegradable) and facecloth
- Sunscreen
- Extra Nalgene Water bottle
- Non-Scented Wipes (small container or several in a Ziplock bag)
- Light weight camp chair (ex. Crazy Creek or something similar)

### **YAA will Provide**

- |  |                           |                   |
|--|---------------------------|-------------------|
| ▫ Group Tents by gender (Hammock if requested) | ▫ Firestarter             | ▫ Food and Snacks |
| ▫ Cooking equipment and Stoves                 | ▫ First Aid Kits          | ▫ Toilet Paper    |
|  | ▫ Water Filtration System |                   |
|  | ▫ Group Rain Tarp         |                   |

\*If there is an item you are not able to find after referring to the above suggestions, please contact us. We have a limited amount of gear that can be loaned out on a first come, first serve basis. Please contact YAA ASAP.

\*\*Please bring one small bag that can contain your clothes and items that will be left at YAA.