

Adventurous Journey Equipment and Clothing List

Equipment - Personal

1. 1 Backpack/rucksac
2. 2 Inner Liner or Large strong plastic bag for backpack
3. 1 Sleeping mat or small sleeping bag (lightweight; 1 or 2 season)
4. 1 Water Bottle
5. 1 Meal Kit (1 plastic/enamel Cup, deep plate, knife, fork, spoon)
6. 1 Note book, pen, pencil, eraser
7. 1 Pair of running shoes/hiking boots with good grip
8. Extra laces
9. 1 Hat/bandanna (broad rimmed is best)
10. 1 Whistle
11. 1 pr working gloves
12. 1 sm. btl insect repellent
13. 1 First Aid Kit (including tweezers, sun block, headache tablets, antiseptic cream, bandages, medical gloves, personal medications)
14. 1 Repair kit (needle, thread, buttons)
15. 1 Toilet kit (soap, powder, toothbrush and paste, toilet paper, comb, etc.)- **travel size**
16. 1 pocket knife/ sheath knife in leather sheath
17. 1 sm. Waterproof Flashlight with extra batteries
18. 1 sm. Bottle of hand sanitizer and/or Baby wipes

Clothing – Personal

19. 1 long pants for hiking – lightweight (e.g. track, joggers, ; NO JEANS)
20. 1 short pants (no shorter than knee length)
21. 1 long sleeve shirt – lightweight, cotton preferable
22. 1 water proof poncho
23. T-shirts – cotton, one per day
24. Under clothing
25. 1 sm. Towel
26. 4 pairs of socks
27. Rubber slippers – for bathing only

Equipment – Group

28. 25' of ¼" nylon or climbing rope for shelter prep or clothesline
29. Silva type compass with degree readings
30. Lightweight waterproof tent
31. Group pot
32. Group first aid kit
33. Cutlass/machete in sheath – strapped to backpack
34. Can opener
35. Matches
36. Duct tape
37. Permission letter
38. Map in map case or plastic covering
39. FOOD & SNACKS – lightweight, non-perishable,

ALL CLOTHING AND EQUIPMENT IS TO BE CLEARLY IDENTIFIED. THIS AVOIDS PROBLEMS WHEN MANY PEOPLE ARE SHARING A CONFINED SPACE.

EQUIPMENT IS SPLIT AMONG PARTICIPANTS

BACKPACK, WHEN FULL, SHOULD NOT EXCEED 30% OF BODYWEIGHT