

## Cabin Track Packing List

### GENERAL SUPPLIES

1. DAYPACK: fanny or small book bag. Big enough to hold 2 water bottles, first-aid kit, bible, journal, extra clothes, some food.
2. TWO WIDE-MOUTH NALGENE WATER BOTTLES: 1 liter each. You can also bring a sturdy camelback or other. Just make sure it is durable and won't bust on you. You want something you can fit easily into your daypack. If you bring a camelback or other type of reservoir, bring an extra Nalgene water bottle as well.
3. BUG REPELLENT: no aerosol, very small amount needed.
4. ONE CHAPSTICK with SUNSCREEN
5. SUNSCREEN: face only, small tube
6. SUNGLASSES: polarized is nice. The glare can cause for quite a headache after a long hike.
7. GARBAGE BAG: Something to go over your pack in case it starts raining.
8. FLASHLIGHT: small AA, three sets of extra batteries, a headlamp LED is worth every penny. We won't be hiking in the dark, but it still may come in handy.

### CLOTHES FOR HIKING

1. HIKING BOOTS OR SHOES: Hopefully you have already been walking in these and they are not brand new.
2. TWO SOCKS: some type of [SmartWool](#) would be a smart choice. I use a liner sock and then a heavier one on top of that. It can really minimize blisters. We will hike two times. Clean socks for each is very helpful. Liner socks don't usually need to be washed between day hikes.
3. RAINCOAT WITH HOOD: lightweight. Try [www.campmor.com](http://www.campmor.com) for Red Ledge \$30-\$40 raincoat and rainpants. Very important!
4. RAINPANTS: lightweight. (Optional.)
5. THINK LAYERS FOR CLOTHES: Hiking pants that can zip down to shorts, are helpful. Long sleeve shirt over a short sleeve shirt. We may hike for more than 3 hours and the weather can change quickly.

### SPIRITUAL STUFF

1. SMALL BIBLE
2. SMALL JOURNAL
3. TWO PENS OR PENCILS

**FIRST-AID KIT** - You will carry this in your Daypack everywhere you go – keep it small. Make kit no bigger than 6" X 4" X 2". The facilitators will have a somewhat more extensive first aid kit that will include moleskin, gauze and wraps. We will have one bear spray to use as a group.

1. BAND-AIDS: assortment of about 10-15
2. IBUPROFEN: about 10 tablets.
3. TWEEZERS:
4. ANTI-BIOTIC OINTMENT: bring a very small tube or about 5 small packets.
5. EMERGENCY WHISTLE: pea less, pea less whistles work even when wet, if hurt you can blow on a whistle longer than you can scream.
6. EMERGENCY HEAT BLANKET: get the ones that fit in the palm of your hand. It should only cost between \$3 and \$10.
7. BENADRYL: 10 tablets, just in case you have an allergic rx to something.
8. MIRROR: 2" X 3": to check for ticks in places you'd rather not look, reflect sunlight in an emergency, and see how nasty you look.
9. SAFETY PINS: Five or so.

#### **OPTIONAL**

1. ONE SMALL CAMERA: We may end up having one camera b/w the five of us, and then each person can take shots with it. I'm concerned that it might be distracting when five people are digging for their camera every time we see something beautiful.
2. WRISTWATCH:
3. SMALL KNIFE FOR FIRST-AID KIT: big plus if it has tweezers, scissors, toothpick, hair dryer.
4. ONE EXTRA BOOK:
5. BASEBALL HAT OR BANDANNA: If you have several bandannas, bring them too. If its warm, wet bandannas around the neck are great for cooling off.
6. SITTING PAD: Anything from a small pad to Slumberjack / Trekker chair. (Two pads that fold together with nylon web straps). You may really like having this when we hang at the waterfall for the afternoon.