

- Internal or external frame backpack with good hip support
- Headlamp
- 30 degree or warmer sleeping bag (down or synthetic is fine, down is lighter but more vulnerable when its wet out)
- sleeping pad (inflatable or solid foam, inflatable can be more comfortable for some people but are more vulnerable to popping)
- knife (locking or fixed blade)
- utensil(s) and eating bowl/pot
- sunscreen and a hat to protect from sun
- small journal and pen
- set of lightweight long sleeve clothing for nights and to protect from sun
- 1 light jacket or rain jacket in the event we get any cool or wet weather
- sturdy sandals or running shoes to hike in. hiking boots if you have ankle problems. flip flops or light sandals for camp are optional
- light weight camp chair is optional
- tent (optional) - we will have tarps and will show you how to set up a shelter (tents are great for mosquitos however I don't anticipate lots of that this time of year)
- water bottle (at least 1 Litre capacity) and a bowl or large mug to eat out of
- bring some changes of clothes (including clothes you can swim in) and we will talk about what to bring and leave when we meet up
- hiking poles are optional, bring them if you have them and we can leave them in the car if you decide not to use them
- book, cards, games etc.
- if we go to the river there is an option to bring an inner tube and life jacket
- lunch and snack food (we will go shopping together for dinner and breakfast)