

# Suggested Clothing & Equipment to Bring

(Use as a check-list)

- Two-piece rain suit or slicker
- Sweat suit
- Sleep wear
- Windbreaker
- Socks
- Long slacks levis/sweats
- Shirts or blouses consider long sleeves for sun protection
- Boots or tennis shoes, thongs to wear in shower
- Shampoo and soap
- Towel and washcloth
- Cowboy hat or baseball caps
- Black magic marker labeling film & other items
- Underwear
- Suntan lotion and sunscreen (generous supply)
- Lip balm
- Flashlight and extra batteries
- Hand/body lotion
- Camera, film
- Warm Sleeping Bag
- Sunglasses and glass retainer
- Bandanna, scarf, dust mask (trails are dusty sometimes)
- Insect repellent
- Cotton sheet (for sleeping on top of bag in hot weather)
- Special medications
- Journals, pencils, paper
- Toothbrush, toothpaste
- Deodorant
- Shaving cream/razor
- Personal feminine hygiene items
- Make-up
- Comb, brush, hair spray
- Musical instrument
- Stampede or choke string for you hat
- Pillow
- Long johns