

RITE of PASSAGE JOURNEYS

GUIDE GEAR LIST

EQUIPMENT

- ☐ Hiking Boots: (lightweight, comfortable and waterproof). Make sure they fit well and are broken in before the trip.
- ☐ Backpack: internal frames strongly preferred. **60-80 liter capacity minimum.** Packs smaller than that may not be able to fit enough gear! Bear Cans (required backcountry item) take up a third of your pack volume. Packs are a very important piece of equipment; please make sure it fits!
- ☐ Sleeping Bag: +20 degrees, lightweight synthetic fill recommended. (Bring down only if you are experienced at keeping it dry).
- ☐ Compression Stuff Sack for sleeping bag—it needs to pack down into a tight, compact size.
- ☐ Sleeping Pad: closed cell foam is cheap, light and durable. Also much better than inflating, due to punctures/leaks.
- ☐ Small ground cover - 50-gallon plastic bag works well.
- ☐ 50 ft. of nylon Parachute Cordage: heavy-duty; at least 1/8" diameter (sold at outdoor gear stores) (Optional)
- ☐ Light, rugged Sandals like Tevas, Crocs, or water sox (or old tennis shoes to wear while your boots dry out in camp)
- ☐ Rain Jacket
- ☐ Rain Pants
- ☐ Pack Cover or 50-gallon plastic bag
- ☐ Small Flashlight or Headlamp & extra batteries
- ☐ Sturdy screw-top wide mouth Water Bottle(s) - 2 Quarts minimum.
 - ☐ Journeys provides a gravity bag filtration system for the group to use. We do recommend guides bringing at least one filtered water bottle or their own personal filtration tech if preferred.
- ☐ Drinking Cup with handle for hot & cold drinks
- ☐ Bowl (light metal or plastic)
- ☐ Fork & Spoon
- ☐ Sports (referee) Whistle (for emergency contact)
- ☐ Lightweight trowel, toilet paper and a few ziplocs (to carry out used toilet paper) -- Journeys will provide.
- ☐ Small quick dry towel & washcloth
- ☐ 2 Bandanas or Handkerchiefs
- ☐ Fragrance-free Sunscreen (15-30 spf) -- Journeys will provide.
- ☐ Toothbrush & toothpaste
- ☐ Biodegradable Soap in Small Container -- Journeys will provide.
- ☐ Mosquito repellent (non-toxic, organic only, please) -- Journeys will provide.
- ☐ Sunglasses (UV Protection)
- ☐ Journal & pens (Optional)
- ☐ Musical instruments (Optional but strongly encouraged)

- ☐ A small amount of cash for miscellaneous purchases (Optional)
- ☐ Crazy Creek style or other camp chair (Highly recommended)
- ☐ Camera (Optional) -- We ask you to take personal phone/camera on trip to capture photos of the group.
- ☐ Personal knife (Optional)
- ☐ Basecamp bag to leave in van for clean clothes to exchange out halfway through extended trips, or to leave at basecamp upon return. (Optional)

SUGGESTED CLOTHING

- ☐ 1-2 set Long Underwear - Top and Bottom
- ☐ 2-3 pair Pants - including thin wool, fleece, or polyester
- ☐ 1-2 Long Sleeve Shirt(s) or thin sweater (synthetic, silk, wool, or cotton blends)
- ☐ 2 warm top layers: fleece, wool, down
- ☐ 3 T-shirts (Cotton Blend is fine)
- ☐ 5+ pairs Underwear
- ☐ 1-2 pair Shorts (Quick-Dry is good)
- ☐ 5+ pair Socks, including warm, thick wool or synthetic
- ☐ Swimsuit
- ☐ Sun/rain hat with brim
- ☐ Warm stocking hat (Ski Hat)

CEREMONIAL ITEMS

(Recommendations, not required.)

- ☐ Ceremonial clothing/Regalia (eg, a necklace, scarf, special shirt – does not need to be fancy but will serve to signify ceremonial space)
- ☐ Rattle, small drum, or other sound makers
- ☐ Small tea candle lights
- ☐ Anything else that authentically empowers your ceremonial presence

FOOD

Journeys provides breakfast, lunch, snacks, and dinners for guides while on program. An important feature of the group experience is sharing meals together. You will not need personal food or drinks unless you have specific dietary needs. That being said, “guide snacks” can be a special treat to have as you are managing a group of youth in the backcountry. We understand eating chocolate is a real form of self-care. If you decide to bring additional food with you, we ask each guide team to create agreements together on how to mindfully go about sharing and eating food amongst staff that participants will not have access to.