

**Shelter and Sleeping: (We can provide these for you at an additional cost\*\*)**

Tent or camping hammock (with rainfly for protection against rain and dew)

Ground tarp or footprint for the tent

Sleeping bag suitable for desert temperatures

A sleeping pad or inflatable mattress for insulation from the cold ground

**Clothing:**

Lightweight, moisture-wicking shirts (long-sleeved and short-sleeved)

Convertible pants (pants that can zip off into shorts) or 1 pant and 1 short

Sturdy hiking boots or shoes with good traction

Wide-brimmed hat or cap for sun protection

Sunglasses with UV protection

Bandana or scarf (multi-purpose: can be used for sun protection, as a towel, etc.)

Light jacket or fleece for cool evenings

Puffy or down jacket (mid-weight)

Socks suitable for hiking

Undergarments

Swimwear (It is possible there are opportunities for swimming)

Rain gear - jacket, pants, umbrella

**Hydration and Food:**

Water Bottle (At least 1 liter, 2 bottles recommended)

Personal Snacks if you would like to supplement what we offer

Kitchen Kit - Bowl, plate, utensils, cup/mug

**Navigation and Safety:**

Sunscreen

Insect repellent

Headlamp or flashlight with extra batteries

Wristwatch (not a smartwatch or apple watch)

**Personal Items:**

Toiletries (toothbrush, toothpaste, biodegradable soap, etc.)

Towel or packable microfiber towel

Personal medications

Hand sanitizer or wipes

Camera or smartphone for capturing memories

Notebook and pen (**You can bring your own, and we will also provide this for you\*\***)

**Miscellaneous:**

Camping chairs or portable seating

Campsite entertainment (book, cards, etc.)

Binoculars (for wildlife viewing or stargazing)

Daypack for hikes

Personal comfort items (such as a favorite pillow or blanket)

Yoga mat, yoga block, sitting blanket (for ground) (**You can bring your own, and we will also provide this for you\*\***)