



MAN CAMP PACKING LIST

Below you'll find the suggested items to bring to Man Camp. Remember the military adage, one is none, and two is one. Things will likely get wet, some clothes will get dirty, when in doubt, pack an extra and come prepared. You can always leave extra gear in your vehicle which will be accessible during the camp.

Also, the weather is unpredictable in that area. Bring comfortable clothes to wear to work out, clothes to learn in a classroom environment, and comfortable clothes hang out during the day and at the campfire. Multiple layers of clothing is always a safe way to go.

Food, snacks and water will be provided. Please pack any treats or supplements. **IMPORTANT:** If you have any food allergies or dietary restrictions, please make us aware so we can make arrangements. If you have any questions, please don't hesitate to email me bill@themanupproject.com or call me (757) 803-7054.

HEADWEAR:

- HAT (BOONIE STYLE OR BASEBALL CAP FOR SUN PROTECTION IF NEEDED)

UPPER BODY:

- 4 ATHLETIC SHIRTS (2 PER DAY)
- 2 SWEATSHIRTS (MORNING AND CAMP FIRE)
- OUTER LAYER (JACKET/SHELL)
- RAIN JACKET (MAN CAMP IS RAIN OR SHINE)

LOWER BODY:

- 2 PAIR PT SHORTS
- ACTIVE LONG PANTS (OPTIONAL: BDUs/CARGO PANTS TO HIKE OR AROUND CAMP)
- SWEATPANTS
- COMFORTABLE SLEEPING CLOTHES

FEET:

- EXERCISE SNEAKERS (SNEAKERS MAY GET WET FROM MORNING DEW, RAIN)
- HIKING SHOES OR BOOTS (WATERPROOF IS RECOMMENDED, SHOES WILL LIKELY GET WET)
- GAITERS (OPTIONAL TO KEEP BOOTS DRY)
- 6 PAIR ATHLETIC SOCKS
- HIKING SOCKS (IF APPLICABLE)
- COMFORTABLE CAMP SHOES

ACCESSORIES:

- BACKPACK/RUCKSACK (FOR HIKING, PT, AND TREKKING TO LODGE)
- HEADLAMP (ESSENTIAL ITEM, EXTRA BATTERIES)
- FLASHLIGHT
- TENT (LET US KNOW IF YOU DON'T HAVE ONE)
- TARP (HELPS KEEP TENT DRY)
- SLEEPING BAG / PILLOW

- SLEEPING PAD (INSULATION UNDER YOU)
- JOURNAL/NOTEBOOK AND PENS
- WATER BOTTLE
- COFFEE CUP / MUG
- 3 TOWELS
- HYGIENE KIT
- SHOVEL