

Hiking Participant Clothing & Gear List

Luther will provide the basic gear you need for the trip. This includes the following: tent, cooking gear, meals, and snacks.

You will want to have a day pack with you for personal items during the day.

***GEAR IN BOLD CAN BE CHECKED OUT FROM ENDEAVOR PROGRAM IF NEEDED, fill out a [request form](#) to reserve**

Bottom Clothing:

- ☐ 2-3 pairs of shorts (athletic/hiking, not cotton)
- ☐ 1 pair of non-cotton pants (no jeans)
- ☐ Underwear as needed (athletic fitting, boxers NOT recommended)
- ☐ Long underwear bottom polypropylene/wool recommended

Top Clothing:

- ☐ 2-3 t-shirts (at least two non-cotton)
- ☐ 1 warm wool or polar top, not cotton
- ☐ Wind jacket (recommended, can be same as rain jacket)
- ☐ Long underwear top polypropylene/wool recommended

Headwear/Footwear:

- ☐ Hat
- ☐ Bandana
- ☐ 3 pairs of wool socks (these will keep your feet warmer and more comfortable than cotton), 1 pair of cotton socks
- ☐ 1 pair of hiking shoes (great ankle support, comfortable, something you can wear all day)

Additional clothing/gear:

- ☐ rain jacket and rain pants
- ☐ 1 swim suit
- ☐ Sunglasses, head strap recommended
- ☐ 1 pair of camp shoes (tennis shoes, sandals, *NO FLIPFLOPS*): these are optional as some people like to have different shoes for in camp
- ☐ 1 set of clean clothes, shoes and towel to be used after completion of the trip

ALL LIQUIDS/LOTIONS/REPELLENTS must be in a plastic bottle with either a screw on lid or a press-top. NO FLIP TOPS OR SPRAYS.

Personal Gear:

- ☐ Day Pack/School Backpack
- ☐ **Sleeping bag (REQUIRED)**
- ☐ **foam sleeping pad or equivalent (REQUIRED)**
- ☐ Sun block (SPF 30 recommended) (SCREW ON LID)
- ☐ lip balm
- ☐ Unscented hand sanitizer
- ☐ **Mess kit (Bowl, plate, mug, utensils)**
- ☐ 2 - 1 liter Nalgene water bottle or equivalent (it will be a hot week!)
- ☐ Mosquito net and/or insect repellent (SCREW ON LID)
- ☐ quick drying towel or small hand towel; washcloth
- ☐ Necessary toiletries, medications, and feminine hygiene products (even if not expecting your cycle)

- ☐ flashlight or headlamp

Accessories

- ☐ small journal, pencil (if desired)
- ☐ camera, waterproof case (if desired)
- ☐ spending money (snacks, personal items, etc)