



WILDERNESS DHARMA MOVEMENT

- ___ Tent (Make sure that it is LEAK/WATER PROOF- sleeping drenched is no fun, as some people know from last year's 15 minute deluge!)
- ___ Sleeping bag
- ___ Sleeping pad
- ___ WATER FILTRATION SYSTEM (for extra security with potable water)
- ___ Large Backpack or Duffle bag (max of 120liters which is 1'X 1'X4')
- ___ Daypack
- ___ Flash light- preferably headlight
- ___ Batteries for headlight
- ___ Bandana (serves for sun protection, washcloth, etc.)
- ___ Insect repellent
- ___ Sun Screen of at least 30 SPF
- ___ Sun Glasses preferably on tether
- ___ 2 one liter water bottles for hikes
- ___ Camp Stove - i.e, Jet Boil <http://www.jetboil.com> Primus, etc.
- ___ Camp stove fuel
- ___ Matches or lighter: Keep in waterproof bag
- ___ Hot beverage cup
- ___ Light weight bowl, spoon, fork or Spork.
- ___ Pocket Knife
- ___ **First Aid Kit:** Moleskin, medications, bandages, antiseptic cream (Trip Leaders will have comprehensive First-Aid kits.)
- ___ Essential Toiletries
- ___ Medications (if applicable. Bring 2 days extra supply.)
- ___ Toilet paper and box of Bio Bags.
- ___ Hiking poles suggested
- ___ Camp chair, either Crazy Creek type or low compact folding chair. (lower than teacher's camp chairs)
- ___ Moisturizer (coconut oil, lotion, etc.)

Suggested Clothes for Sun and Cold nights:

- Long underwear or sweats- top and bottom
- Wool socks (2 pair)
- Socks that are comfortable with your hiking shoes
- Winter hat
- Light down jacket
- Sun hat
- Light gloves
- T-shirt- one for every three days (3).
- Long sleeved non-cotton shirt (3)
- Raincoat and pants (Make sure that these are WATER PROOF!
-not just water resistant!)
- Non-cotton pants
- Non-cotton shorts
- Light weight camp shoes (Crocs) /moccasins/natural rubber soled shoes.
- Underwear
- Good, worn-in hiking shoes, with ankle support.

Note: If rain is a possibility make sure to have non-cotton clothing.

Additional Retreat Items:

- Writing material
- Checkbook (for additional Dana, tips for guides, etc.)
- Credit Card or cash for meals at the canyon entrance.
- Proof of Health Insurance

