

SUGGESTED CLOTHING & OTHER EQUIPMENT TO BRING: (use as a checklist)

- _two-piece rain suit
- _sweatshirt or sweater
- _sleepwear/campwear
- _windbreaker or jacket
- _2 or 3 pair of ankle socks (good sun protection)
- _1 or 2 swim suits (more if you want to wear one every day)
- _1 pair long pants
- _3 pair shorts
- _3 shirts (1 with long sleeves)
- _2 pair rubber-soled shoes (wear 1 pair while the other dries in the evening)
- _shampoo and soap
- _towel, washcloth (thin ones dry quickly)
- _2 hats or caps with brim and ties (1 for spare)
- _sun screen (generous supply)
- _hand & body lotion (16 oz. per person. Sun, water, and heat dries your skin quickly)
- _lip balm (with sun screen is best)
- _flashlight or headlamp, extra batteries
- _pocket-size packages of Kleenex
- _8 Zip-Loc plastic bags, quart size 7"x 8" (for personal trash, photo supplies, etc. during the day)
- _1 water bottle (1 qt. minimum to carry water while hiking)
- _sarong

OPTIONAL ITEMS

- _camera, film, extra memory cards & padding for camera case
- _sunglasses, plus one spare pair
- _glasses retainer for eye glasses
- _extra pair of prescription glasses if you wear them
- _bandanna or scarf
- _insect repellent (rarely needed)
- _small backpack
- _cotton sheet (for sleeping on top of sleeping bag in hot weather)
- _small inflatable pillow or small airline pillow
- _gloves (lightweight cotton-for hiking or climbing)
- _wet wipes (individual packets)