

What to Bring Backpacking



hiking boots that are well broken in. Good walking shoes are better than new boots

a good waterproof raincoat with a hood **is a must** (ponchos are not recommended)

rainpants are a good idea

tennis shoes or teva type sandals

3 pairs of wool socks (60-80% is OK)

1 pair of long pants (non-cotton is best)

1 pair shorts

underwear

2 or 3 t-shirts

1 long sleeve heavy shirt (flannel or wool)

1 wool sweater or fleece jacket

1 cap for warmth

1 cap for sun

bandanna

sunglasses

small flashlight (with extra batteries and bulb)

waterbottle (Sonlight sells Nalgene for \$8.00 each)

personal items (toothbrush, toothpaste, soap-ivory or other biodegradable, lip balm and sunscreen at least 25 spf)

swim suit for the Hot Springs

bath towel for the Hot Springs

clean clothes for the trip home

Optional Items to Consider

camera (film if needed)

small paperback (in case we spend a day in the tents due to rain!)

fishing equipment (Colorado license required, about \$18 for 5 days)

light gloves or mittens for warmth

small Bible

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