



Packing List

Clothing

Uniform

- COLS Shirt (Provided)
- Black Short (all black, no cotton)

Insulating Layer

- Fleece Jacket/Light Weight Puffer Jacket
 - NO COTTON WARM LAYERS (like sweatshirts)
- Wool/Fleece Hat
- Optional: Pile Pants
- Optional: Insulated Vest

Rain Gear

- Rain Jacket (lightweight)
 - No Poncho
- Optional: Light Weight Rain Pants

Underlayers

- Underpants (ideally not cotton)
- Long Sleeve Base Layer (not cotton)

Water Wear

- Two Bathing Suits
- Water Shoes
- Optional: Swim Shirt

Footwear

- Four Pairs of Socks
 - Not Cotton
- Hiking Boots
- Sneakers
- Water Shoes
- Optional: Sandals, Crocks



Packing List

Gear

- Backpack
 - Comfortable and Has Hip Belt
 - **Minimum Internal Volume of 60 Litters**
- Sleeping Bag
 - Lightweight
 - Recommended Temperature Rating of 40 Degrees
- Sleeping Pad
 - Foam or Blow up
- Optional: Stuff Sacks
 - Helpful for Organizing Gear
- Headlamp
 - No Larger than AA batteries
- Water Bottles
 - Two (2) One-Liter Bottles or Compactable Bladder
- Mess Kit
 - Plastic Bowl, Fork and Spoon

Other

- Quick Drying Towel
 - Large Hand Towel is Fine
- Bug Repellent
 - Light Weight
- Sunscreen
 - Light Weight
- Hand Sanitizer
 - Light Weight
- Toothbrush and Toothpaste
 - Travel size
- Bible
 - Small/Light Weight
- Duffel Bag
- Optional: Book
- Optional: Pocket Knife
- Optional: Collapsible ski pole



Packing List

Gear List Example

Shorts



Fleece





Packing List

Rain Jacket



Base Layer Long Sleeve





Packing List

Water Shoes



Backpack



Sleeping Pad



Sleeping Bag





Packing List

Water Bottle



Headlamp



Mess Kit





Packing List

Towel



Duffle Bag

