



DISCIPLE

## Fifth Year Hike Packing List

- Lunch for 1<sup>st</sup> hiking day
- Backpack
- Small mess kit with metal cup, bowl/plate, and utensils
- Small tarp or plastic ground cover or very small lightweight tent
- Toilet paper and gallon size ziploc bag to carry out used toilet paper and feminine products
- Rain coat, poncho or plastic garbage bag (could be used as ground cover)
- Sun hat
- Hair ties
- Flashlight
- Sweatshirt or fleece
- Extra change of clothing
- Clothes to sleep in
- Hiking shoes or tennis shoes
- Extra underclothing
- Small hand towel
- Camera
- Small-first aid-kit
- Whistle
- Waterproof matches
- Moleskin in case of blisters (everyone doesn't need this one either)
- Pain reliever
- Sunscreen
- Bug repellent
- Swim suit
- Towel
- Refillable water bottle
- Sleeping bag
- Pillow
- Blanket (opt)
- Hair brush
- Deodorant
- Toothpaste
- Toothbrush