

## EQUIPMENT LIST - Campground Programs

- **MEALS:** Details about coordination will be sent to you closer to the time of the program (please see the prep letter for more information about this as well). All meals are the responsibility of participants. Breakfasts and dinners will be prepared by participant meal teams (coordinated by the volunteer Meals Coordinator). Each participant is responsible for their own lunches, snacks and beverages.
- **REQUIRED: emergency whistle** (the very loud, usually orange kind found in army-navy surplus or camping stores)
- Backpack (not absolutely necessary, but will facilitate getting your gear from car to camp spot)
- Sleeping bag
- Sleeping pad
- Ground cloth
- Tent or tarp

**Tents versus Tarps:** Each person must bring a personal shelter. We often prefer tarps on our programs because they isolate you so much less from the very wilderness you have labored so hard to get into, the wilderness which will be your teacher and the mirror of your soul.

You can buy a thick plastic tarp fairly cheaply (from Wal-Mart, Gander Mountain, etc), or spend a bit more for a nylon or sil-nylon tarp. We have received negative reviews about Outdoor Products nylon tarps, so we recommend going with a different brand.

- Bandana (1 or 2)
- Crazy Creek Chair – anything lightweight that seats you on the ground.
  - **You will likely be sitting for several hours a day, so make sure your chair is comfortable for you!**
- Candle lantern and an extra candle (great for journal writing after dark)
- Daypack or large fanny pack for day hikes (at least 1000 cubic inches)
  
- Drums, rattles, small percussion instruments (see below)
- Flashlight (with extra batteries and recommended extra bulb)
- Insect repellent (fragrance-free or low odor, please, so we can smell the wilderness)
- Jack knife (if you are flying, be sure your knife is in your CHECKED baggage, not carry-on)
- One large heavy-duty plastic garbage bag
- Personal journal in ziplock bag with pen and/or pencil
  
- Spoon (forks are optional)
- Water bottle (1 quart or 1 liter) (with your own identifying mark on it)
- Large plastic cup/mug or insulated water bottle/thermos
- Lightweight bowl to eat from
- Matches in watertight container (also a lighter, if you'd like)
  
- ***Rhythm instruments:*** Together we will create rhythm to help us ease out of our ordinary modes of being and perceiving, and into the timeless, symbolic presence of the underworld. It will help if you bring with you some rhythm instruments. Most relevant are the percussion instruments: drums, shakers (rattles, gourds, maracas, tambourines, tin cans with pebbles or

seeds inside, etc.). Bells, conches, whistles, flutes, recorders, etc., are also welcome if played in a rhythmic manner.

#### TOILETRIES / PERSONAL CARE

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- Toilet paper (white, in plastic bag with matches; 1/2 to 1 roll is plenty)
- Toothbrush, toothpaste, and other “health and beauty aids”
- Towel
- Fragrance-free sunscreen (for lips, too)

#### CLOTHING

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- Hiking shoes or boots
- Cold-weather hat
- Long underwear (both top and bottom)
- Long-sleeve shirt or turtleneck
- Mosquito net hat which covers your face **(For programs at Antelope Island only)**
- Rain jacket w/hood and rain pants
- Short pants
- Sun hat
- Sunglasses (you might want a strap to hold them on)
- T-shirts (1 to 3)
- Warm jacket or parka
- Warm Long pants

#### EMERGENCY KIT:

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- A few band aids
- Your own anaphylactic shock kit (Epi Pen or AnaKit) if you know you have any life-threatening allergic reactions to, e.g., insect stings, medications, or certain foods
- Other first-aid materials that you want to bring and know how to use
- Emergency blanket (the very lightweight super-compact inexpensive foil type)
- Emergency whistle
- Small roll of waterproof adhesive tape and/or some moleskin
- (Note to women: be prepared for an early menstruation, a common occurrence in the wilderness)

#### OPTIONAL

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- a camping-style solar shower
- a warm lap blanket for keeping warm while sitting in council
- umbrella (for rain & sun)