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| <input type="checkbox"/> | Backpack - at least 4000 cubic inches* | <input type="checkbox"/> |
| <input type="checkbox"/> | Small day pack - book bag size or a day pack with included water bladder | <input type="checkbox"/> |
| <input type="checkbox"/> | Sleeping bag - rated to 40 F | <input type="checkbox"/> |
| <input type="checkbox"/> | Sleeping pad – Thermarest is one name brand | <input type="checkbox"/> |
| <input type="checkbox"/> | Plastic ground sheet | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 to 3, 32ounce Water Bottles (Nalgene, Klean Kanteen, Camelback) | <input type="checkbox"/> |
| <input type="checkbox"/> | Toiletry items: toothbrush, toothpaste, travel size shampoo/conditioner,
biodegradable soap, antiperspirant clogs pores and is not advised; deodorant is fine | <input type="checkbox"/> |
| <input type="checkbox"/> | Headlamp or small flashlight with extra batteries | <input type="checkbox"/> |
| <input type="checkbox"/> | Pocket knife – 2.5 to 3.5 inch high carbon steel,
non-serrated, locking blade. No swiss army knives. | <input type="checkbox"/> |
| <input type="checkbox"/> | Plastic whistle | <input type="checkbox"/> |
| <input type="checkbox"/> | Mess kit including bowl, cup, spoon & fork, or spork | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 towels – one of the towels should be a quick drying pack towel | <input type="checkbox"/> |
| <input type="checkbox"/> | Sunscreen | <input type="checkbox"/> |
| <input type="checkbox"/> | Bug spray –look for natural, non-Deet, non-aerosol | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair of broken in hiking boots | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair of tennis shoes – can be old | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair of water shoes or sandals with straps – no Velcro, please | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 swimsuits – one piece or tankini recommended
because life vests will chafe bare skin; no bikinis | <input type="checkbox"/> |
| <input type="checkbox"/> | 5 pairs of shorts including two pair that are quick dry material | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 pairs of long pants – at least one pair that are quick dry; may be zip off | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 long sleeve shirts – at least one that is quick dry material | <input type="checkbox"/> |
| <input type="checkbox"/> | 7 short sleeve shirts – at least 2 that are quick dry material | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 pairs sturdy work pants | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 pairs leather work gloves | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair gaiters desirable for keeping soil out of boots when doing earth work <i>*optional</i> | <input type="checkbox"/> |
| <input type="checkbox"/> | 8-10 pairs of underwear – synthetic material is best | <input type="checkbox"/> |
| <input type="checkbox"/> | 3 pairs of cotton socks | <input type="checkbox"/> |
| <input type="checkbox"/> | 5 pairs of wool or non-cotton hiking socks | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 pairs of synthetic sock liners - Recommended if prone to blisters | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 set of non-cotton long underwear | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 fleece jacket or sweater | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 warm wool or fleece hat | <input type="checkbox"/> |
| <input type="checkbox"/> | 2 bandanas | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 Rain suit – jacket and pants | <input type="checkbox"/> |
| <input type="checkbox"/> | Extra zip-locks and garbage bags – trash compactor or contractor bags are best | <input type="checkbox"/> |
| <input type="checkbox"/> | Camera – optional | <input type="checkbox"/> |
| <input type="checkbox"/> | Journal notebook with pen or pencil in zip-lock bag | <input type="checkbox"/> |
| <input type="checkbox"/> | Reading book | <input type="checkbox"/> |

****BACKPACKS CAN BE RENTED FROM GRP FOR \$25 IF RESERVED IN ADVANCE.**

Please email anne@greenriverpreserve.org