



Wilderness Outdoor Leadership Foundation
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PACKING LIST - 4 DAY PROGRAM

DONT FORGET THESE ITEMS: DAY PACK, WATER BOTTLE, SLEEPING BAG, CLOSED TOED SHOES

CLOTHING & GEAR

- 4 SHIRTS
- 2 PAIR CLOSED TOED SHOES
- 6 PAIR SOCKS
- 5 CHANGES – UNDERWEAR
- 2 LONG PANTS
- 2 SHORTS
- SWIM WEAR (IF APPLICABLE)
- SWEATER OR LIGHT JACKET
- WARM JACKET
- HAT
- RAIN GEAR
- BANDANA
- SMALL DAY PACK
- WATER BOTTLE OR CANTEEN

DORMITORY AND SLEEP ITEMS

- SLEEPING BAG OR BED ROLL
- SLEEPING MAT OR PAD (IF TENT CAMPING)
- PILLOW
- SHAMPOO
- TOOTHBRUSH AND TOOTHPASTE
- COMB OR BRUSH
- BATH TOWEL AND FACE CLOTH
- PERSONAL HYGIENE ITEMS
- SOAP

COLD WEATHER GEAR (AS NEEDED)

- THERMAL UNDERWEAR
- WARM GLOVES
- WOOL HAT
- SCARF
- TURTLENECK

OPTIONAL LIST

- SUNGLASSES
- SUNSCREEN
- CHAPSTICK
- SHOWER SANDALS
- FLASHLIGHT
- CAMERA
- BINOCULARS
- WATCH
- READING BOOK, PLAYING CARDS OR QUIET GAMES
- NOTEBOOK AND PENCIL(S)
- PLASTIC BAG FOR DIRTY LAUNDRY

DO NOT BRING

CANDY, GUM, OR FOOD
MONEY
RADIO
KNIVES
ELECTRONIC GAMES
BLOW DRYERS
CURLING IRONS
AEROSOL CANS

PLEASE LABEL ALL CLOTHING AND PERSONAL ITEMS

WOLF IS NOT RESPONSIBLE FOR LOST CLOTHING OR PERSONAL ITEMS