

Goat Rocks Wilderness Packing List

Packing List: We can help you get whatever items you don't have.		Optional		Whole Group	
backpack	light, cold-weather sleeping bag	camera	antibacterial soap		
sturdy shoes or boots	toilet paper	cap or beanie	neosporin		
light jacket (windbreaker)	toothbrush	frisbee	band-aids		
pants or shorts - 2 pair	toothpaste (travel size)	gloves	duct tape		
shirts - 2	water bottle	playing cards	cooking pot (1 per 4)		
socks - 2 or 3 pair	contact solution (if you wear contacts)	sunglasses	tents (1 for every 2 or 3)		
fleece or wool sweatshirt	3 granola or protein bars	sandals	stove & fuel (1 per 4)		
underwear - 2 or 3 pair	lip balm, carmex, blistex	whistle	water filter & pump		
prescription medications	sleeping pad	drink mix			
mug/insulated cup	day pack / hip pack				
bowl (plate optional)	insect repellent				
spoon	sunblock				
flashlight or headlamp	hand towel				
plastic garbage bag	trowel (we only need 3 or 4 for the group)				
pocket knife					