

Outdoor Odyssey Gear List

Clothing

- Pair of warm comfortable shoes or boots (hiking boots if you have them)
- Enough clothes to last your stay (plan for changes in the weather)
- Warm sweatshirt or jacket (nights can be cold on the mountain, even in summer)
- At least three extra pairs of socks
- Extra pair of old shoes for the cave (they will get wet and muddy)
- Long pants and long sleeved shirt that WILL get muddy (cave)
- Rain gear

Sleep Gear

- Sleeping bag
- Twin fitted sheet (for the cabin)
- Pillow (if you want one)

Miscellaneous

- Water bottle
- Toothbrush and toothpaste
- Hairbrush
- Shampoo
- Soap
- Towel
- Camera (optional)
- Sunscreen (you'll spend a lot of time outdoors)
- Bug repellent
- Flashlight with working batteries (essential)
- Medication (must be turned in at registration)

What to Leave at Home

- Tobacco and alcohol products
- Walkman, game boy or other electronic device (will not have time to use it anyway)
- Hairdryer or curling iron

*you may bring your cell phone but do not expect to get great service in the mountains