



# WHAT TO BRING

## SACRED TRAILS CAMPING TRIP: A JOURNEY OF PLACE AND PURPOSE

### General Guidelines

- Pack light but bring essentials.
- Label personal items.
- Dress in layers (mountain temperatures may vary).
- Bring a small bag for hikes if desired.

### Clothing & Personal Items

- T-Shirts
- Long-Sleeve Shirt
- Sweatshirt or Light Jacket
- Hiking Pants or Jeans
- Shorts
- Sleepwear
- Underwear and Socks (extra just in case)
- Hiking Shoes or Sneakers
- Hat or Cap

### Sleeping Gear (tents provided)

- Sleeping Bag
- Sleeping Pad/Air Mattress if Desired
- Pillow
- Blankets

### Faith and Reflection Items

- Bible
- Journal and Pen

### Personal Hygiene & Toiletries

- Any Medications with Instructions
- Toothbrush and Toothpaste
- Deodorant
- Small Towel/Washcloth for Wipe Down [There are no showers at the campsite]
- Wet Wipes for Same Purpose
- Hairbrush/Comb
- Chapstick
- Sunscreen
- Bug Spray
- Trash Bag for Dirty Clothes
- Feminine Hygiene Products if Needed

### Outdoor Essentials

- Small Backpack if Desired
- Reusable Water Bottle (at least 1L capacity)
- Flashlight/Headlamp (with extra batteries)
- Sunglasses
- Camp Chair

