



# Hero's Journey Foundation

## *Men's Journey Packing List*

### CLOTHING & EQUIPMENT CHECKLIST

Make sure that you bring the following clothing and equipment. Dress casually and comfortably for the week. Weather conditions and temperatures can vary significantly on the mountain, as our base camp elevation is at 4,000 feet. Check for weather condition predictions on any internet weather forecast site for the 26804 zip code area.

- Sleeping Bag
- Sleeping Pad
- Personal Journal (required); Pens
- Tent \* see preparation note below
- Waterproof Rain Gear \*\***Bring good quality raingear.** (You may want rain pants as well.)
- Sit-upon or Folding Camp Chair
- Hiking Boots (waterproofed)
- Comfortable Sandals or Sneakers
- Extra Socks
- Clothing to suit both hot AND cool weather conditions
- Jacket
- Two Large Towels & a Hand Towel
- Swim Suit
- Water Shoes/Sandals
- Bandana
- Toiletries
- Pocket Knife
- Water Bottle
- Day Pack
- Tupperware Container for Lunches
- Sun Protection: Lotion and/or Sun Hat
- Flashlight (flashlight that emits red light is preferred)
- Spare Batteries
- Giveaway Gift (wrapped)**
- Small supply of non-perishable snacks for personal use. Nuts must stay in your personal vehicle, as the facilities are nut-free for allergy reasons.
- Layers of warm clothing you don't mind getting very dirty and possibly throwing away for caving
- 1 Construction-weight garbage bag
- Personal supply of facemasks for the week.

- Optional:
- Hot Drink Travel Mug
  - Djembe Drum, Guitar or Rhythm Instrument

\* If you are new to using a tent, it is important that you stay dry. If your tent is more than 3 seasons old, you can treat it with seam sealer- apply it to all the stitched seams in the tent,

especially the ones along the floor. Water works it's way through the seams and will find a way into your tent if the seams are not sealed. Also, make sure you have a thick plastic tarp to place underneath your tent, cut or folded to the outline of your tent's floor surface. If you have any questions about outdoor gear contact Anna Noack at [anna@herosjourneyfoundation.org](mailto:anna@herosjourneyfoundation.org).