



# Hero's Journey Foundation

## Women's Journey Packing List

Dress casually and comfortably for the week. *Weather conditions and temperatures can vary significantly on the mountain, as our base camp elevation is at 4,800 feet.* (Check for weather condition predictions on any internet weather forecast site for the 26804 zip code area, and subtract 10 degrees F for the extra elevation!)

<p><b>Shelter + bedding</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Tent - It is <b>important</b> 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 its 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.</li><li><input type="checkbox"/> Sleeping Bag</li><li><input type="checkbox"/> Sleeping pad or cot or air mattress +air pump</li><li><input type="checkbox"/> Pillow</li></ul>	<p><b>Clothing</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Waterproof Rain Gear – Good quality rain gear is important</li><li><input type="checkbox"/> Hiking Boots or Shoes (waterproofed is best!)</li><li><input type="checkbox"/> Sandals or Sneakers</li><li><input type="checkbox"/> Extra Socks</li><li><input type="checkbox"/> Clothing to suit both hot AND cool weather</li><li><input type="checkbox"/> Jacket</li><li><input type="checkbox"/> Swim Suit</li><li><input type="checkbox"/> Water Shoes or Sandals</li><li><input type="checkbox"/> Bandana</li><li><input type="checkbox"/> Toiletries</li><li><input type="checkbox"/> Sun Protection: Lotion and/or Hat</li><li><input type="checkbox"/> Layers of warm clothing you don't mind getting very dirty and possibly throwing away.</li><li><input type="checkbox"/> Personal supply of facemasks for the week</li></ul>
<p><b>General Needs</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Sit-Pad or Folding Camp Chair</li><li><input type="checkbox"/> Two Large Towels &amp; a Hand Towel</li><li><input type="checkbox"/> Pocket Knife</li><li><input type="checkbox"/> Sun Protection: Lotion and/or Hat</li><li><input type="checkbox"/> Flashlight (flashlight that emits red light is preferred)</li><li><input type="checkbox"/> Spare Batteries</li><li><input type="checkbox"/> Giveaway Gift (wrapped)</li><li><input type="checkbox"/> Drum or Musical Instrument (optional)</li><li><input type="checkbox"/> Daypack</li><li><input type="checkbox"/> Journal</li></ul>	<p><b>Food + Drink</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Water Bottle x 2</li><li><input type="checkbox"/> Tupperware Container for Lunches</li><li><input type="checkbox"/> Small supply of non-perishable snacks for your personal use. <i>Nuts must stay in your vehicle as the facilities are nut-free for allergy reasons.</i></li><li><input type="checkbox"/> Hot Drink Travel Mug (optional)</li></ul>

If you have any questions about outdoor gear contact Anna Noack at [anna@herosjourneyfoundation.org](mailto:anna@herosjourneyfoundation.org)