



Hero's Journey Foundation

Packing for your Journey

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

If you have any questions about outdoor gear contact Anna Noack at anna@herosjourneyfoundation.org