



# Hero's Journey® Foundation

## Packing for your Journey

### Men's 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!)

#### Shelter + bedding

- ☐ **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.
- ☐ Sleeping Bag
- ☐ Sleeping pad or cot or air mattress + air pump
- ☐ Pillow

*If you have any questions about outdoor gear contact*

*Anna Noack at*

*[anna@herosjourneyfoundation.org](mailto:anna@herosjourneyfoundation.org)*

#### Clothing

- ☐ **Waterproof Rain Gear** - Good quality rain gear is important
- ☐ Hiking Boots or Shoes (waterproofed is best!)
- ☐ Sandals or Sneakers
- ☐ Extra Socks
- ☐ Clothing to suit both hot AND cool weather
- ☐ Jacket
- ☐ Swim Suit
- ☐ Water Shoes or Sandals
- ☐ Bandana
- ☐ Toiletries
- ☐ Sun Protection - Hat
- ☐ Layers of warm clothing you don't mind getting very dirty and possibly throwing away.

#### General Needs

- ☐ Sit-Pad or Folding Camp Chair
- ☐ **Crazy Creek® Chair** - [crazycreek.com](http://crazycreek.com)
- Important for sitting in council
- ☐ Two Large Towels & a Hand Towel
- ☐ Pocket Knife
- ☐ Sun Protection - Lotion
- ☐ Flashlight (flashlight that emits red light is preferred)
- ☐ Spare Batteries
- ☐ Drum or Musical Instrument (optional)
- ☐ Daypack
- ☐ Journal
- ☐ Giveaway Gift (wrapped)

#### Food + Drink

- ☐ Water Bottle x 2
- ☐ Tupperware Container for Lunches
- ☐ Small supply of non-perishable snacks for your personal use.
- ☐ Hot Drink Travel Mug (optional)