

## **HOPE worldwide Adventure Corps Backpacking Checklist**

**You must have *synthetic clothing, no cotton*. Cotton is fine for the couple days around town, but not in the field.**

**You can buy most of the clothing items from your local thrift store. You do not need to buy brand new clothing.**

### **Field Clothing (*All synthetic*)**

- Hat
- Bandana
- Wicking underwear - 2 pair ([Exofficio men's and women's](#))
- Wicking T-shirt
- Long sleeve shirt
- Fleece – 1/4 zip or full zip
- Socks – Three pair lightweight hiking socks.
- Water/windproof Jacket (Make sure it is waterproof, not just water resistant)
- Synthetic wicking hiking pants
- Hiking boots
- Sneakers

\*Bring extra clothing for your air travel and for your time in-town. Cotton is fine for in town. You will not have access to a washing machine so make sure you have a pair of clean clothing for your plane ride home.

### **Essentials**

- Large 40-50-gallon Trash bags x6 (emergency poncho / pack cover)
- LED headlamp or flashlight
- Fresh batteries
- Whistle
- Lighter
- Sun glasses
- Sun Screen
- Bible (Bring a zip lock bag for your bible to fit in)
- Small notebook & Pen

## **Cleaning & Personal Items**

- Toothpaste & toothbrush
- Diaper wipes

## **Cooking**

- Bowl with lid (you can use Tupperware)
- Large plastic mug/cup
- Spoon (can use a normal household spoon)

## **Food & Drink**

- Iodine Tablets w/ Taste-Neutralizer – Anything similar to these Tablets at [REI](#)
- Water bottle x2 - ([Nalgene 16 oz](#))

## **Medication**

- Bring any personal medication (Keep in mind you will not be able to have any medication that requires refrigeration)

**Bring your sleeping bag and/or backpacking backpack if you already have them. If not, we will provide them.**

- Sleeping bag (50-40 degree)
- Backpack (70 liters or larger)

## **Optional**

- Pocket knife
- Earplugs
- Lip Balm
- Foot powder

**\*\*NOTE:** Bringing any firearms to Adventure Corps is strictly prohibited. Violation of this policy will result in the participant being sent home immediately, at his/her own expense.