



## **The Gear List**

*These are the gear lists for your reference so you know what 2Roads Foundation will provide, and what you are responsible for on your trip.*

### **2ROADS WILL PROVIDE THE FOLLOWING:**

#### **ESSENTIALS**

- Rain ponchos
- Map/Trail Guide
- Whistles / Signaling Devices
- Compass
- First Aid Kit
- Water Bottles – (2) 1 liter / participant
- Headlamps
- Nylon Cord
- Cigarette Lighter/Waterproof Matches
- Toilet Trowels
- Identification/Permits/Licenses
- Repair Kit - duct tape, needle & thread, bootlaces, spare pack rings & pins, etc.

#### **FOOD/COOKING**

- Stove/Fuel
- Eating/Cooking Utensils
- Cup/Bowl
- Cooking Pots
- All Meals
- Trail Snacks
- 1 gal freezer ziplocks for food storage/ trash
- Nylon bag – hanging food at night

- Water Filtration / Purification Devices

## **SHELTER**

- Backpacks
- Pack Rain Covers
- Tent s
- Ground Cloths
- Sleeping Bags
- Sleeping Pads
- Tarp

## **ESSENTIALS – NON-NEGOTIABLE - YOU MUST TAKE THESE**

- Windbreaker – nylon hoodie – anything to wear over the fleece jacket at night
- 2Roads has ponchos – doubt it will rain but just in case
- Sunglasses
- Sunscreen – SPF 30 or better – again – not a huge tube – think small – just enough for 6 days
- Hand sanitizer – small tube
- Insect Repellent – lotion – not spray
- w/Permethrin for ticks
- Toilet Paper – about a ¼ of a roll
- Hat – preferably w/ large brim – a ball cap will work if you have a bandana covering the back of your neck
- Bandana(s)
- Fleece Jacket – 2Roads only has 6 to loan – please let me know ahead of time – 1st come – 1st served
- Fleece or Wool stocking cap
- Long Underwear or pj's – silk-weight is fine for this trip – especially in warmer weather, a nylon sleeping back is much more comfortable with a layer between your skin and the nylon
- Light Gloves
- Day Pack / Book Pack – good for a car bag & for light day hikes to carry an extra jacket, water and sunscreen.

## **HBA**

- Toothbrush/Toothpaste – travel tube size
- Moistened Towelettes – we won't have access showers from Wednesday morning until Saturday morning.
- Baby powder
- Towel – small kitchen towel or bandana works – for backpack
- Towel – bath size – for orphanage
- Sanitary Supplies
- Lip Balm
- Hand lotion – small tube
- Aftershave – helps when showers aren't available – again – in a small plastic container – NO GLASS CONTAINERS OF ANYTHING

***PLEASE DO NOT bring hair dryers, curlers, curling irons***

### **CLOTHING**

Travel and Orphanage Clothing – 5 days – Saturday thru Tuesday and Saturday return

- (5) T-shirts – couple should be ones that you can paint / work in
- (3) shorts (1) long pants – 1 pair of the shorts should be old pair you can work / paint in.

Trail Clothing – 3 days - 1 of each unless noted otherwise – Wednesday - Friday

- Boots or lightweight hikers are best – anything with a stiffer sole than a lightweight tennis shoe
- Camp Shoes – lightweight watersox, Tivas, Chacos etc.
- Socks/Liners – 2 pair – in gallon ziplock baggie
- Underpants – 2 pair – in separate gallon ziplock
- Long Underwear or jammies – keeps the sleeping bags clean and you more comfortable in them – sweaty bodies stick to nylon
- T-Shirts – 2 – cotton are fine – if you own body armor type nylon, you can rinse them out at night
- Long Sleeve shirt – for evening off trail
- Hiking Shorts – 1 pair – could include the pair listed above for at the orphanage if you don't think you'll need a 4th pair
- Long pants – 1 pair – (this will make 2 total including the pair listed above) lightweight nylon warm ups or wind pants will work best

for Thursday night down low in the canyon – NO JEANS - when we're car camping Wednesday and Friday you'll have access to the 2 pair of long pants on the orphanage list – they can be jeans or anything heavier – it will be cooler on Wednesday and Friday nights on the rim of the canyon

### **PERSONAL PREFERENCE**

- Notebook/Pen
- Camera
- Playing Cards
- A Book to Read – small paperback