

Women's Wilderness Trip – Manitou Yoga **SUPPLY LIST**

Making choices about what you will bring to the wilderness is another step of your mental, emotional, physical and spiritual preparation. This is an opportunity to consider what are your “basic necessities” and what you can do without on a backpacking trip. One of the amazing realizations on a trip of this kind is how little we really need to sustain us. Considering that you will be carrying your own personal supplies as well as a portion of the group supplies, keeping your own supplies to a minimum will be important for yourself as well as for the intentional community you will be a part of on this trip.

WE WILL BE PACKING TOGETHER, AS A GROUP, THE EVENING BEFORE WE GO TO THE ISLAND. Individual and group necessities will be packed first. Then, based on the room and recommended weight limit you have remaining in your pack, you may select what personal “comforts” you choose to add to your pack to bring along. The weight of the packs will be the ultimate decision maker. **Remember that some of this packing list will be what you are wearing.**

You are encouraged to borrow what you don't own yourself. However, it is important not to skimp on the quality and comfort of your hiking boots. Good hiking boots, that are broken in, are a backpackers best friend!

Camping Supplies

Back Pack
Back Pack Cover or Poncho
Tent – lightweight and waterproof
Lightweight Sleeping pad
Sleeping Bag
Ground Cloth for under your tent

Personal Clothes (This includes what you are wearing)

Long pants – zip offs if possible (1)
Shorts (1) (if no zip off pants)
T-shirts (1)
Long Sleeve Shirt (1)
Fleece jacket (1)
Fleece Vest
Dry Sock (liner) (1)
Hiking Sock (Wool or other) (2)
Rain Gear (Jacket and Pant)
Sarong (lightweight cloth wrap)
Bathing suit (or plans for swimming)

Toiletries

Toothbrush
Sun screen*
Insect Repellant*
Toilet paper*
Pack Towel
Sanitary supplies

Footwear

Hiking Boots – broken in
Sandals or Crocs

First Aid/Safety Items

Small Flash or Head Light – spare batteries
Water bottles (2 large Nalgene) or water bladder
Mosquito Head netting
Whistle
Bandanas (2)
Dramamine - Non Drowsy (if needed)
Any personal prescription/medical supplies required
NOTE: Please bring an Epi pen if you need one

For meals

Cup, Bowl or Plate, Spoon/Fork

Other personal supplies (recommended)

Hat (to protect from sun or rain) &
Beanie for warmth & Gloves (it might be cool @ night)
Small daypack or fannypack for day hikes
Sun glasses
Inspirational Readings (to share during sacred circles)
suggest excerpts NOT entire books (for weight consideration)

Other personal supplies (optional)

Camera
Small, lightweight journal & pen
Small & large plastic bags
Yoga Mat

*These items could be shared b/w all campers

OVER

Supplies Provided by Trip Leaders

Water Purifier and tablets	Food (Meals and some snacks)
Rope	Coffee/Tea/Cocoa/Gatorade
First Aid Kit	Pots & Pans
Poison Ivy Relief	Camping Stoves & Gas
Antiseptic Cream	Cooking Utensils
Tarp(s)	Other group supplies as needed

Please see more detailed information below about your major equipment.

TENT – Everyone will need to supply their own tent. The ideal is a good quality, lightweight 1-2 person backpacking tent. If you do not have a tent, or can not borrow one, please either check with your local sporting goods store about rental or let me know, **WSP has a few smaller tents to share.**

BACKPACK – if you have never worn a backpack before, make sure that the one you obtain fits you. Backpacks come in all sizes and there are subtle differences between them. If you take your pack to REI they will make sure that it fits you and there is no pressure to buy a new one – they want you to be comfortable. It is a good idea to practice walking around with your full pack prior to the trip. Get used to the weight on your back and imagine it's weight hiking up to five miles. The ideal weight for a woman's pack is 20-25 lbs or less (depending on your body size and strength). Remember that your pack needs to be large enough to hold your gear and some group supplies too. **WSP does have a few backpacks that we could loan,** if you do not own one.

GROUND CLOTH – You will use your ground cloth under your tent – so if your tent comes with a “footprint” then you will not need an additional personal tarp.

SLEEPING BAG – Fiberfill or “Holo-fill”, though slightly heavier than down, make the best all-around bags. The most important feature of the Fiberfill bag is that it will still keep you warm even if it gets wet. If you have a down bag, and are comfortable with that bag, please be sure that you pack it in a waterproof bag before you put it in your stuff sack.

BANDANA/SARONG – These items can serve multiple purposes and are considered essentials for some hikers. A bandana can be a pot holder, a sun shield, a sponge, a wash cloth, a “Lone Ranger” mask against blowing dust and bugs, a tourniquet, a compress, a bandage, a handkerchief, a distress flag, etc. The Sarong can be a beach towel, a yoga mat, a cover up, a sun shade, a table cloth, a carrying strap, an extra layer for warmth and more.

BOOTS – We can not stress this enough. Your hiking boots (or shoes) are essential to this trip and they need to be comfortable on your feet, meaning well broken in (but not worn out). When you are carrying additional weight, one of the vulnerable body parts is your ankles. Please give them the support they need with a good pair of boots.