

Catalyst Packing List

Due to the nature of wilderness camping, each of the items listed below will be important for participants to bring. **Participants will not need to bring more than what is listed below.** No expensive outfits are necessary. All other camping equipment not listed here will be provided.

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| - Sleeping bag with stuff sack | - sturdy hiking boots | - small Bible |
| - 1 pair of pants (NOT blue jeans) | - strap for eyeglasses | - whistle |
| - 1 sweatshirt or fleece jacket | - sunglasses | - extra plastic/Ziploc bags |
| - 1 pair of hiking shorts | - hat or visor | - extra plastic trash bags |
| - 2 t-shirts | - note book & pen | - 2 x 32 oz. water bottles |
| - 2 pairs of underwear | - flashlight or headlamp | |
| - 2 pairs of socks | - extra batteries | |
| - sunscreen | - tooth brush and tooth paste | |
| - rainwear | - toiletry items | |

Important! We recommend a warm sleeping bag that is as small as possible (they tend to take up the most space when packing). If you don't think you'll be warm enough at night, make sure your sweatshirt or fleece is adequate for sleeping in. **We also recommend packing as little cotton clothing as possible.** Wet cotton draws heat away from the body and takes much longer to dry than synthetic fabrics leaving you very cold even on a fairly warm day. Alternate materials to consider are wool, nylon, fleece or polyester. Please pack at least one pair of wool or synthetic socks. Also pack a decent rain jacket, thin plastic ponchos won't suffice.

We will be repacking all necessary gear into large internal frame backpacks when you arrive at camp. Toiletry items should not be scented as most fragrances attract insects and animals.

***Pine Springs Camp cannot be responsible for loss or damage to any electronic devices (including cell phones) that occurs during this trip. We highly recommend leaving them at home or in your car.**