The Day Walk Checklist

Overnight Program

**Day Pack** (packed in advance)
- two quarts of water
  - (three if hot day possible)
- clothing for hot or cold weather
  - (a hot sun or a cold fog!)
- rain gear (if rain at all possible)
- hiking boots
- hat
- sunglasses
- sunscreen/chapstick
- flashlight (with extra batteries)
- journal and pen
- watch
  - (for end of day rendezvous)
- scarf or handkerchief

Optional:
- art supplies
- camera (ask yourself: “Will it be a distraction?”)
- small amount of toilet paper

**For Base Camp**
- folding chair (for sitting in circle)
- bowl/plate/mug
- eating utensils
- tent
- sleeping bag
  - (make sure it’s warm enough!)
- sleeping pad
- pillow
- towel
- toiletries
- extra change of clothes
- comfortable shoes
- clothes for cold night/morning
- gloves & hat

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**We will provide**
- dinner Friday and Saturday night
- coffee & tea
- firewood
- hiking maps
- a circle for storytelling!