***Recreational Life Backpack Trip***

***Packing List***

Please take the time to read this Equipment and Clothing List carefully before making decisions about what equipment you will use. Careful consideration should be given to any purchases. Buy only after reading this equipment list carefully. I encourage you to borrow items if you don’t have them. Please contact us with any questions.

Remember: The more you bring, the heavier your pack! In addition to the weight of your personal gear, you will have group gear and food.

The items listed in this packing list are a guide for you to know what to bring. They will aid in your comfort and safety, but the final decision on what to take is up to you. Please ask us if you have any questions.

If you are purchasing new items, we suggest that you begin by consulting staff and looking through some of the outdoor equipment websites (rei.com, campmor.com, backcountry.com, mountaingear.com, etc.) for an approximate price range and an idea of the varieties of equipment available. Locally you can go to Ouachita Outdoor Outfitters and Gene Lockwoods in Hot Springs or Ozark Outdoor Supply or Gene Lockwoods in Little Rock. You might also check your local thrift store and your good friend's closet - **borrow when possible**! Buy as inexpensively as possible. However, this does not mean cheap, try to buy decent quality. Rain gear and shoes are important to have quality equipment. Again, ask us if you have any questions.

**CLOTHING**

Backcountry clothing is divided into categories: base, insulating and shell, for both the upper and lower body. We use a layering system where different clothing items are worn together or separately to achieve optimum body temperature control. Clothing consideration: Cotton or cotton blend garments are not considered insulating because they are not warm when they are wet. Therefore, wool and synthetic materials such as Patagonia Capilene, UnderArmour, and nylon are a better choice for backcountry travel.

When choosing clothing it is important to check the weather where you will be spending your time. After doing this then use the standard list below as a guide for what you will need. All people are different and require different levels of warmth. This list is merely a guide. Ask us if you have any questions concerning what clothes to bring. This is just a list of the items. You must decide how many of each item to bring for your comfort level. Know that the more you bring the heavier your pack will be so many people just wear items multiple days.

* Long Underwear (If you think you might need them)
* Shorts (It might be warm enough to wear them or swim in them)
* Pants
* Rain Pants
* T-Shirt
* Long Sleeve Shirt
* Fleece/Sweatshirt
* Rain Gear – This could be a rain jacket or poncho. Always take even if the forecast is for sun. It is a great extra layer to throw on if needed.
* Belt if needed
* Socks
* Underwear
* Hat
* Bandana
* Gloves
* Beanie/Stocking Cap/Tobaggan (whatever you call that warm thing for your head)
* Sandals for river crossings and wearing around camp (flip flops, chacos, tevas, etc)
* Footwear (boots or supportive shoes for handling the weight of the pack)

**PERSONAL ITEMS**

* Sunglasses
* Toiletries: Toothbrush, toothpaste, comb, brush, biodegradable soap, tampons. Travel or trial sizes are usually sufficient for toiletry items. **Make sure to bring all prescription meds.**
* Sunblock
* Lip Balm
* Insect Repellent
* PBJ (Pen, Bible, Journal)
* Water Bottles (Need to be able to carry 2 liters. An empty Gatorade bottle works great if you don’t have a bottle. RecLife also has some extra bottles if needed.)
* Headlamp or Flashlight
* Knife or multi-tool

**EQUIPMENT**

We will provide all of your equipment needed. Let us know if you have any of these items and would like to use your own.

* Tent/Tarp
* Sleeping bag
* Sleeping pad
* Stove
* Lighter/Matches
* Pots
* Cooking Utensils
* Eating Utensils
* Personal Bowl/Plate
* Map
* Compass
* BIF kit (Bathroom In Forest. Includes toilet paper, trowel, hand sanitizer)
* First Aid Kit
* Water Purification
* Repair Kit
* Backpack