

Checklist for Wyoming Extreme Adventure 2010

What to Bring

- Sleeping Bag (+10 to +30 recommended)
- Pillow
- Sheet
- Modest Clothing (No sleeveless, short shirts, or short shorts)
- Modest Swimwear (1 piece or similar suit)
- 2 Towels, Hand Towel, Washcloth
- Tennis Shoes
- Plastic Bags for dirty/wet clothes
- Personal items (Soap, Shampoo, Toothbrush, etc...)
- Sunscreen (Block not tanning lotion)**
- Insect Repellent
- Bible (small but with both Testaments)
- Pencil/Pen
- Reusable Water Bottle (TWM sells a very good bottle for about \$10-12)
- \$ for meals on the road (3-4 meals)
- \$ for snacks or souvenirs
- A good attitude



Hiking Gear

- Hiking Boots/Shoes
- Hiking Pants (synthetic material highly recommended...not cotton) – 2 pairs for the long hike
- Durable shorts – 2 pairs
- Lightweight Jacket
- Fleece Pullover or hooded sweatshirt (synthetic material is best)
- Packable Rain Gear if you have it (should be warm and waterproof)
- Non-cotton Hiking Socks (2 pair recommended)
- Stocking Cap or Hat
- Small Flashlight

Other Items

- Camera
- Snacks
- Travel Games
- Christian CDs for the vans

Notice: You are responsible for all items you bring!

Things not allowed

- Personal stereos/iPods (anything with headphones)
- Video games, **cell phones**, or other electronic entertainment
- Fireworks, Lighters, Matches, etc.
- Tobacco, Alcohol, and other substances of the like
- Inappropriate clothing or swimwear
- A bad attitude**