

To bring from home						We will provide
1	1-L water bottle					journal
	Hat					water bottle
1	Sunscreen					P-trail map
1	Closed toed shoes for walking, hiking, field work					laundry pods
1	Shoes that can get wet (e.g. chacos)					t-shirt
2	Long pants (that are loose/breathable) for walking, hiking					
1	Set of clothes/shoes that can get wet and dirty in a cave (closed toe shoes)					
3	Shorts					
1-2	Longsleeve t-shirt or button shirt (sun protection, cool evenings)					
5	T-shirts					
	Light rain coat					
1	Bathing Suit					
	Underwear					
	Sleepwear					
	Pillow					
	Extra long twin sheet set					
	Light blanket					
	Towel set (bath, hand and washcloth)					
	Beach towel					
	Snacks if desired					
	Rx and OTC meds (that are regularly taken)					
	Bug spray					
	Day pack					
	writing utensils (for journaling)					
	Sunglasses					
	All necessary toiletries					
Optional						
	hammock (e.g., Eno)					
	binoculars					