

## Basecamp Program Gear List

### Equipment

- Med/Large Daypack
- Big Backpack or Duffel Bag to pack everything (you'll need to haul it to the tenting area)
- Sleeping Bag: +20 degrees or warmer, Synthetic fill, *NO DOWN; it is useless when wet*
- Sleeping Pad: closed cell foam is cheap, light and durable
- Pillow
- Plastic Tarp: 8' X 10' with metal grommets
- Ground Cover: plastic ground footprint or 50-gallon plastic trash contractor bag
- 50' Nylon Parachute Cordage: heavy-duty; at least 1/8" diameter (sold at outdoor gear stores)
- Hiking Boots or sturdy tennis shoes
- Lighter camp/water sandals - Tevas, watershoes, etc.
- Rain Jacket. *Essential item! Please make sure the material is actually waterproof!*
- Rain Pants. *Essential item! Please make sure the material is actually waterproof!*
- Small Flashlight or Headlamp & extra batteries
- Sturdy Water Bottle(s)
- Drinking Cup with handle for hot drinks in the evening
- Bowl (light metal or plastic)
- Fork and/or Spoon
- Sports referee" whistle (for emergency contact)
- Bath towel/small towel
- Fragrance-free Sunscreen (30-50 spf)
- Toothbrush & toothpaste
- Small amounts of biodegradable soap, shampoo, and other toiletries you might like
- Mosquito repellent (NO DEET)
- Mosquito head net
- Sunglasses (Optional. UV protection, not too dark or reflective)
- Camera (Optional. Cell phones are not an option; only single-purpose cameras will be allowed.)
- A journal for writing and/or sketching, plus a pen, pencil or small colored pencil set

### Clothing Items

- 1 set of Long Underwear (top and bottom)
- 2 pairs of warm, long Pants, preferably no jeans, want it to be easy to move around in
- 2 Long Sleeve Shirts or thin sweater (mid-layer)
- Warm, thick Fleece, Wool, or Down Jacket (outer-layer)
- 4 T-shirts
- 6 pairs of Underwear
- 1-2 pair Shorts
- 3-6 pair of Socks
- 1 pair wool or WARM Socks
- Bandana or Handkerchief (optional)
- Swimsuit (optional)

- Sun/Rain Hat with brim
- Warm Stocking Hat (Ski Hat)
- Warm Gloves (optional)
- MOONRISE SPECIFIC - Red Sarong or Fabric that is big enough to wrap around you (this will be Ceremonial Clothing)
- MOONRISE SPECIFIC - Items from your female lineage (see participant letter for examples)
- 1 clean outfit for return: clean long pants, shirt, warm shirt/sweatshirt, socks and underwear

This is a retreat in the woods, a chance to live free of many of the things that we take for granted in our modern society. You will not need a cell phone, video games, personal food, candy, drinks, and credit cards. Please help make this a successful trip by ensuring none of these things listed come with you. You will not need to bring any money so please leave this at home.

Please make sure to review our [Tips About Gear & Equipment](#) information page!