

Moon Rise Gear

Equipment

- 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 sandals
- 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
- Fragrance-free Sunscreen (30-50 spf)
- Toothbrush & toothpaste
- Small amounts of biodegradable soap, shampoo, and other toiletries you might like
- Mosquito repellent (non-toxic, organic only, please)
- 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
- N95 Masks**- at least 2 (due to growing concerns of fire and smoke hazards)

Clothing Items

- 1 set of Long Underwear (top and bottom) or WARM top and bottom- try for NO COTTON
- 2 pairs of warm, long Pants- try for NO COTTON
- 2 Long Sleeve Shirts or thin sweater - try for NO COTTON
- Warm, thick Fleece, Wool, or Down Jacket
- 4 T-shirts
- 6 pairs of Underwear- try for NO COTTON
- 1-2 pair Shorts
- 3-6 pair of Socks
- 1 pair wool or WARM Socks
- Bandana or Handkerchief (optional)
- Sun/Rain Hat with brim
- Warm Stocking Hat (Ski Hat)
- Warm Gloves (optional)

- Red Sarong or Fabric that is big enough to wrap around you (this will be Ceremonial Clothing)
- Items from your female lineage (see participant letter for examples)

Clothing for Basecamp

- 1 Duffle (or other) bag for extra clothes and toiletries to leave at basecamp
- 1 clean outfit for return: clean long pants, shirt, warm shirt/sweatshirt, socks and underwear to be put in duffle bag left at basecamp for return

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 to Sacred Groves. 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!