



**Mini BOW Workshop
August 8, 2020
Backpacking 102
REQUIRED Packing List**

Please come prepared to for Rain and Cool Morning Daytime temps traditionally range in the 75 to 80°, overnight temperatures can be in the 50's. Rain gear is a good idea (can keep the wind off you and warm). Bring a warm coat especially if you are a hard-core desert rat. Please drink lots of water prior to coming to camp you will be at a high altitude and this will help your body with the elevation change.

Gear:

- **Backpack**
- **Tent (sharing with someone can help with weight)**
- **Sleeping bag**
- **Pad**
- **Water bottle or Hydration system**
- **Bowl, drinking cup and eating utensils**
- **Flashlight or headlamp**
- **Sunscreen**

Clothing

- **Shorts or Pants**
- **Light-colored long or short sleeve shirts**
- **Hiking boots**
- **Wool Socks**
- **Cloths for nighttime**
- **Jacket (nights will be cold)**
- **Hat**
- **Extra pair of shoes (for around camp)**
- **Sleepwear**
- **Personal items (toiletries, towel, please no glass containers)**
- **Bandana / Personal Towel**