

Men's 4-day/3-night **POCKET WILDERNESS INTENSIVE**

PACKING LIST

The items on this list are grouped into what's known as "The 10 Essentials," a helpful system to ensure you've covered your bases when packing for a trip. Some considerations:

Anticipated Weather: (via: <https://www.wunderground.com/forecast/us/tx/bandera>)

- Lows just above freezing (35F). Highs in the 60s.

Activities Include: Tent camping (front-country), day-hikes, reflection & journaling activities.

This program is 100% outdoor, so be prepared to be outside!

If you have any questions, please contact Bryan Turner: (432) 553-8289 or bryan@summitlead.org

	1 - NAVIGATION & COMMS
<input type="checkbox"/> DRIVING DIRECTIONS	We recommend downloading & printing the driving directions here.
<input checked="" type="checkbox"/> PAPER MAPS	SUMMIT will supply paper maps of the park when you check in.
<input type="checkbox"/> CELL PHONE	Signal is limited: If you use for navigation, recommend pre-downloading the route. The more you turn off/put away your phone, the more you will get out of this event.
	2 - ILLUMINATION
<input type="checkbox"/> HEADLAMP or FLASHLIGHT	Recommend headlamp over flashlight. Or bring both!
<input type="checkbox"/> EXTRA BATTERIES	Over the course of 3 nights, your batteries will likely run out. Pack extra!
	3 - HEALTHCARE
<input type="checkbox"/> TOILETRIES	Don't forget hand sanitizer, toothbrush & paste, anti-chafe. Note: There is NO shower in the park. Dude Wipes or similar product is a good idea.
<input type="checkbox"/> MEDICATIONS	If you take any medications regularly, be sure to bring them. Any type of narcotic or illicit drug or alcohol are not allowed.
<input type="checkbox"/> (opt.) Personal-size FIRST-AID KIT	SUMMIT guides carry med kits, but it's always a good idea to have a personal blister & boo-boo kit while you're out on the trail.
<input type="checkbox"/> (opt.) EAR PLUGS	For snoring & wind noise.
	4 - SUN PROTECTION
<input type="checkbox"/> SUNSCREEN	This program is 100% outdoors. Plan on applying multiple times each day.
<input type="checkbox"/> SUN GLASSES	
<input type="checkbox"/> HAT	Recommend wide-brimmed or ball cap w/ bandana.
<input type="checkbox"/> (opt.) BANDANA	Bandanas are useful for lots of things.
	5 - TOOLS
<input type="checkbox"/> (opt.) KNIFE or MULTITOOL	

6 - CLOTHING	
<input type="checkbox"/> HIKING SHOES/BOOTS	Waterproof not as important as breathability, support, stability, & traction.
<input type="checkbox"/> SOCKS	2+ pairs plus what you're wearing. Light or mid-weight wool, longer than ankle.
<input type="checkbox"/> WICKING BASE LAYERS	Underwear & t-shirt. Shirts can be short or long sleeve. Recommend you change daily. <i>Because this is a front-country course, cotton is allowed.</i>
<input type="checkbox"/> WARM LAYERS	Recommend insulated jacket, plus fleece pullover/hoodie. Consider thermal bottoms.
<input type="checkbox"/> RAIN SHELL/JACKET	Recommend waterproof, windproof, breathable fabric w/ taped seams.
<input type="checkbox"/> (opt.) RAIN PANTS	Rain pants are optional, but nice to have.
<input type="checkbox"/> CASUAL CLOTHES	For travel days & off-trail activities
7 - SHELTER	
<input type="checkbox"/> (opt.) TENT	SUMMIT will provide tents, but you are welcome to bring your own.
<input type="checkbox"/> SLEEPING BAG	Recommend 20-40°F. Be careful -- different companies rate for comfort vs. survival.
<input type="checkbox"/> SLEEPING PAD	Backpacking-style, sleeping bag-width, inflatable or closed cell foam.
<input type="checkbox"/> (opt.) PILLOW	Since this is a front-country trip, either a backpacking-style or regular pillow.
<input type="checkbox"/> (opt.) HAMMOCK	If you bring a hammock, don't forget straps or rope!
8 - FIRE	
<input type="checkbox"/> (opt.) FIRE STARTER KIT	SUMMIT guides will supply, but feel free to bring something you'd like to test out.
9 - NUTRITION	
<input type="checkbox"/> (opt.) CUP/MUG	For hot or cold drinks. A sipping lid is nice. <i>SUMMIT guides have extra to share.</i>
<input type="checkbox"/> (opt.) BOWL	For eating and/or storing food. Anything with a resealable lid will work, even a simple sealable tupperware-type container. <i>SUMMIT guides have extra to share.</i>
<input type="checkbox"/> (opt.) UTENSILS	Plastic or metal camping utensils. <i>SUMMIT guides have extra to share.</i>
<input type="checkbox"/> (opt.) Personal SNACKS	Feel free to bring your preferred trail mix, granola bars, honey waffles, etc.
<input type="checkbox"/> (opt.) Personal Caffeine	Feel free to bring your preferred camping coffee, tea, or cocoa.
10 - HYDRATION	
<input type="checkbox"/> CUP/MUG	For hot or cold drinks. A sipping lid is nice.
<input type="checkbox"/> WATER BOTTLE(S)	Must be able to hold at least 2 Liters for longer day hikes.
<input type="checkbox"/> (opt.) Hydration Bladder	For ease of carrying water in your day-pack.
* ACTIVITY-SPECIFIC	
<input type="checkbox"/> BIBLE	This course is primarily spiritual-development, and we'll be using Scripture a lot!
<input checked="" type="checkbox"/> JOURNAL & PEN	SUMMIT guides will provide journals. (Feel free to bring your own as well)
<input type="checkbox"/> WATCH	Since we recommend NOT carrying your phone, a watch would be very helpful!
<input type="checkbox"/> PACKABLE CHAIR	Any will work for campsite, but a lightweight backpacking chair is good for the trail.
<input type="checkbox"/> DAY PACK	Small backpack for day-hikes & outings away from the campsite.
<input type="checkbox"/> (opt.) CAMERA	Since we recommend NOT carrying your phone, consider bringing a camera.
<input type="checkbox"/> (opt.) TREKKING POLES	Some terrain at this location is steep & rocky.