

Suggested Personal Equipment List for Lake Expedition:

CLOTHING:

- Comfortable Shoes (or boots) for Hiking
- Second pair of shoes that are for at camp
- Underclothing – sufficient amount
- Socks – bring extra
- Pants – 2 pair (nylon is best)
- Sweater – warm
- Winter Coat
- Rain Gear

INDIVIDUAL EQUIPMENT:

- Sleeping Bag – warm, it may freeze at night (put into plastic bag)
- Ground pad
- Toiletries: Deodorant
 - Biodegradable soap
 - Towel and face cloth
 - Toothpaste and brush
 - Toilet paper in zip lock bag
- Sharp knife
- Insect Repellant (OPTIONAL)
- Emergency Blanket (optional)
- Adequate food, including emergency food

- Hat and Sun Screen (bring winter hat)

SHARED EQUIPMENT:

- Tent and fly with pegs (nylon)
- Tent pad – plastic ground pad (optional)
- Flashlight – new batteries
- First Aid Kit (personal)
- Nylon Rope
- Camera (optional)

SHARED COOKING UTENSILS:

- Stove with fuel – small and easily stored
- Pots and pans
- Matches – waterproof
- Oil and salt (optional)

INDIVIDUAL COOKING UTENSILS

- Fork, Spoon
- Plate
- Cup – large enough to be used as a bowl
- Canteen/water bottle (plastic if possible.)

Food Suggestions

Campers will cook their own food for all meals. Campers will need to bring food for:

- 2 breakfasts**
- 2 lunches**
- 2 suppers**

Here are some **suggestions** for breakfast, lunch, and supper. You do not need to bring everything; rather, bring what you want to eat and bring enough for the meals listed just above here.

BREAKFAST	LUNCH	SUPPER
<ul style="list-style-type: none"> <input type="checkbox"/> Pancakes <input type="checkbox"/> Granola / dried cereal <input type="checkbox"/> Dried milk (for cereal) <input type="checkbox"/> Dried mash potatoes <input type="checkbox"/> Quaker hot cereal <input type="checkbox"/> Salt/oil 	<p style="text-align: center;">*Lunch can be cooked or uncooked items!!</p> <p>Bring snacks such as nuts, raisins, dried fruit, granola bars, trail mixes, bagels and cream cheese, etc.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Macaroni and Cheese <input type="checkbox"/> Rice Packets <input type="checkbox"/> Noodle Packets <input type="checkbox"/> Dried Soup <input type="checkbox"/> Dried Vegetables <input type="checkbox"/> Salt/oil

**Take boxed food out of box and store it in a zip lock bag.

Highlighted items can be borrowed from the youth and education department. Supplies are limited – first come first serve basis.

POTABLE WATER IS PROVIDED FOR DRINKING AND COOKING