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Equipment List

Equipment Required On Day Course

Water Bottle or Canteen
Sturdy court or running shoes or light hiking boots
Long, comfortable pants (shorts are OK as long as you don't mind minor scrapes)
Sweatshirt, sweater, pile jacket or light jacket for morning/evening chill
Warm hat & gloves for early/late season use and overnights
Bag or group cooler lunch
Small snacks

Equipment Highly Suggested On Day & Overnight Course

Sunscreen
Insect Repellent
Cap or brimmed hat
Video or Still Camera
Sturdy Rainwear if weather is threatening
Small notebook and pen for note taking
Sunglasses

Equipment Required on Overnight Course

Extra warm cloths including hats and gloves in early and late season
Sleeping bag and sleeping pad or air mattress to match seasonal demands
Change of socks and shoes
Bowl, cup and spoon

You must be the change you wish to see in the world.
-Gandhi