



AZ Places  
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## What to Bring

### RECOMMENDED ITEMS

- ☐ **Refillable Water Bottle** (One for each participant)
- ☐ **Personal Items** (Such as Medications & Medical Supplies)
- ☐ **Toiletries: Toothbrush & Toothpaste, Hair Care, etc.**
- ☐ **Sunscreen & Lip Balm**
- ☐ **Insect Repellent**
- ☐ **Towel & Wash Rags**
- ☐ **Bandanas**
- ☐ **Sunglasses**
- ☐ **Pillow**

### WEARABLES

- ☐ **Hiking Hat / Sun Hat**
- ☐ **Hiking Shoes** (Sturdy, broken in hiking boots or shoes, lightweight)
- ☐ **Camp Shoes or Hiking Sandals**
- ☐ **2-3 Pairs Hiking Socks** (Wool or synthetic)
- ☐ **2-3 Shirts, Including 1+ Long-Sleeve** (Lightweight and breathable)
- ☐ **Hiking or Running Shorts** (Lightweight & quick drying)
- ☐ **Hiking Pants** (Lightweight, denim not recommended when cold)
- ☐ **Thermal Underwear** (Lightweight)
- ☐ **Sleepwear** (Lightweight & fitting. Thermals recommended)
- ☐ **Warm Jacket**
- ☐ **Waterproof Jacket, Rain Gear or Lightweight Poncho**
- ☐ **Knit Cap or Beanie** (Add warmth for sleeping.)
- ☐ **Bathing Suit** (Optional)

### ADDITIONAL ITEMS

- ☐ **Headlamp or Flashlight** (We have some available for use)
- ☐ **Camera, Case, and Batteries**
- ☐ **Daypack / Small Backpack**
- ☐ **Preferred Snacks, Treats and Beverages**