

# What to Bring?



Backpack with all of your equipment and clothes. Additional smaller bag that you can carry during the trails (water, sunblock, bug spray, etc.)



Waterproof jacket and comfortable hiking pants



Light-weight long-sleeve hiking shirts



Comfortable walking shoes (must be waterproof shoes or rubber boots).



Plastic bags (for trash, wet clothes, etc.)



Cap or hat for the sun



Bathing suit



Sunglasses.



Towel



Sunblock



Bug spray



Reusable water bottle



Flip flops (for showering)



Flashlight



Walking sticks



Personal amenities (shampoo, soap, toothpaste/brush, etc.)