

The following is a list of necessary clothing and equipment for all Quests. If you have questions about anything on this list, please contact our office at (415) 543-2267 or info@tawonga.org.

√	#	CLOTHING
	1	Warm jacket (lightweight, rated to 20 degree Fahrenheit weather)
	1	Raincoat (and rain pants for Northwest/Canada ONLY)
	1	Sun hat or baseball cap
	1	Fleece or wool hat
	1	Pair of fleece or wool gloves (not cotton)
	2	Long-sleeve shirts
	1	Pair of loose-fitting athletic pants or leggings for walking
	1	Pair of jeans or other comfortable pants
	2	Pairs of shorts
	5	T-shirts or tank tops
	1	Pair of long underwear (not cotton)
	8-10	Pairs of underwear
	2	Pairs of thick fleece or wool socks
	6	Pairs of cotton athletic socks
	1	Pair of hiking boots (lightweight OK; broken-in, not brand new; comfortable)
	1	Pair of tennis shoes
	1	Swimsuit
	1	Pair of river shoes: old sneakers or sandals that won't fall off (Tevas, Chacos, or other rubber-soled; no flip-flops)
√	#	EQUIPMENT
	1	Medium or large backpack, internal or external frame – be sure it fits
	1	Daypack for day hikes and outings
	1	Large duffel bag (no more than 1)
	1	Sleeping bag and stuff sack, rated at 20-40 degrees, synthetic or down (cotton highly discouraged, down discouraged on Quests outside of California)
	1	Pillow
	1	Insulated sleeping pad (inflatable or foam ok)
	2	Quart-sized water bottles (Nalgene recommended. Other brands can be too small)
	1	Headlamp with extra set of batteries (Flashlight not recommended. Be hands-free!)
	1	Pair of sunglasses with strap
	1	Sunscreen, SPF 15 or higher, waterproof
	1	Chapstick, SPF 15 or higher
	1	Biodegradable soap and shampoo (Ivory, Dr. Bronner's, etc.)
	1	Toothbrush and toothpaste
	1	Lightweight cup, bowl, spoon, and fork, plus a bag to put them in. No knives please, and no other dishes are necessary.
		Feminine hygiene products
		Stationary, pen, envelopes, stamps
	4	Ziploc bags, gallon-size (for keeping small items waterproof)
	3	Garbage bags (for dirty laundry, for keeping larger items waterproof)
	1	Insect repellent
	1	Medium-sized towel or a large Pak-Towel-type "quick dry" towel
	1	Optional Camelback or other backpack-style water bag with drinking tube
	1	Optional fleece or flannel sleeping bag liner (keeps bag clean and warm)

