

TASTE OF QUEST CLOTHING & EQUIPMENT LIST

CLOTHING

- 1 swimsuit
- 6 pairs underwear
- 3 pairs cotton athletic socks
- 2 pairs heavy wool hiking socks (not cotton)
- 2 pairs comfortable shorts
- 1 pair loose fitting pants for walking (sweat pants OK)
- 1 pair jeans or other comfortable pants
- 1 pair long underwear bottoms (polypropylene, silk, or wool - not cotton)
- 1 long underwear top (not cotton)
- 3 T-shirts
- 2 long sleeved shirts
- 1 warm wool sweater or fleece sweatshirt
- 1 warm jacket (no down, no cotton)
- 1 rain jacket or poncho - must be water-proof and have a hood
- 1 warm hat (fleece or wool)
- 1 sun hat or baseball cap
- 1 pair hiking boots (lightweight OK, comfortable, should provide ankle support, not brand new)
- 1 pair tennis shoes
- 1 bandana
- 1 medium sized towel, 1 wash cloth
- 1 bag for dirty clothes (a pillow case works well)
- Optional: 1 pair wool or fleece gloves/ mittens*

EQUIPMENT

- 2 quart-sized water bottles
- Small backpack for in-camp use
- Large duffel bag
- Warm sleeping bag (cotton discouraged) and stuff sack
- Flashlight or headlamp and extra set of batteries
- Sunglasses with strap
- Waterproof sunscreen and chapstick with sunscreen
- Toiletries: shampoo, soap, toothbrush, toothpaste, etc.
- Lightweight bowl, spoon, fork, and little bag to hold it all (*Camp can provide if necessary*)
- Pillow
- Optional: camera, books, journal, pens, postcards, games (cards, chess, etc.), Frisbees, musical instruments*

It is not necessary to bring a camping backpack- Camp will provide external frame packs to trip participants.

DO NOT BRING: suitcases, perfume, lighters or matches, knives, or any electronics (hair dryers, cell phones, video games, etc.), food or candy

STORES WHERE WILDERNESS CLOTHING & EQUIPMENT CAN BE PURCHASED OR RENTED:

- REI (Berkeley, San Francisco, Mountain View, Corte Madera, Fremont)
- North Face (Berkeley, Palo Alto, San Francisco, Santa Clara)
- Sports Basement (San Francisco, Sunnyvale, Walnut Creek)
- Patagonia (San Francisco, Palo Alto, Santa Cruz)
- Wilderness Exchange (Berkeley)

QUICK-DRYING

ALL CLOTHING SHOULD BE:
LABELED WITH QUESTER'S NAME

PACKED IN THE DUFFEL BAG