

GEAR LIST FOR SOLO QUEST EMPOWERHER WILD: FINALIZED IN AUGUST

YOU WILL NOT HAVE TIME TO WASH ANY CLOTHING & NO ACCESS TO TARA'S LAUNDRY ROOM

PLEASE BRING 5 DAYS WORTH OF CLOTHING FOR THE FARM ONTOP OF BELOW

SCHEDULE 1:1 PERSONAL & GEAR CHECK IN BETWEEN 9.2-9.22

Here: <https://us06web.zoom.us/j/6130767905?pwd=dTRQSFN0dTdVb3B5UGFPOGRwWEIZdz09>

Meeting ID: 613 076 7905

Passcode: 642804

Survival 1st Aid Kit for self (not for a group)

Bandana or other cloth

Band-Aids, super glue or similar

At least 1 Cleansing wipe, Neosporin, bactine or similar,

Tarp

2 Pain killers (ibu, advil, etc)

Emergency Food/ fuel (energy bar, coconut oil, etc)

Benadryl and epi-pen (if you need an epi-pen)

Something with salt/electrolytes

An adhesive (vet wrap, duck tape, athletic tape, etc)

Optional - hand heaters, tweezers, sunscreen, sugar, anything else you may need, topical salves, tampon, your personal medications - keep it simple but effective – don't add a bunch of extras

Survival Kit for self (not for a group) – some over flow from above to below here

At least 2 ways to start fire (matches, lighter, flint/steel, magnesium strip, bow drill/ hand drill, etc)

1 way to purify water (tablets or iodine, water pump, life straw) - 2nd way we will use is fire to boil water

Tarp or Emergency blanket for shelter & multipurpose

Knife (no more than 2)

Signal w/o fire - could be a silver side of tarp OR emergency blanket, mirror, inside of a pop can OR other

Cordage (about 6 arm lengths)

Optionals- fire starter fuel (example - lint or Vaseline cotton ball), headlamp/ flashlight, navigation/ compass, Less is more.

Gear List - Items are required for this program– bring all below – no exceptions

Backpacking Gear

- Back packing sleeping Bag (Approx. **25-35 degree** synthetic bag is ideal – do not bring a car camp big heavy bag – one for backpacking only.
- Compression Stuff Sack
- Foam Sleeping Pad or Thermarest
- Sleeping Pad Stuff Sack or roll up with cordage
- Backpack (Internal or external frame, at least 50 liters)
- Tarp (at least a 6 X 8 to 8 X 10) & Cordage (6 arms length)
- First Aid & Survival kits per assignment above
- Trash Bag (1X heavy duty black bags) or Waterproof Pack Cover (Must have at least 1 of these items)
- *Sleeping Bag Liner - optional*

Clothing (3 layers for bottom and top)

- 1 Fleece or mid weight jacket
- 1 Long Underwear (tops and bottoms – no cotton)
- 1 T-shirt (synthetic or wool preferred)
- 1 Long sleeve shirt – no cotton
- 1 Warm Winter Jacket for nighttime
- 1 Nylon Shorts or pants (X1)
- 1-2 Bandanas
- 1 pair Hiking Boots
- 1 Rain Jacket
- 1 Rain Pants
- 1 + Underwear

- 2 Wool or Synthetic Socks (1 for day and 1 for night)
- *Liner Socks – optional*
 - Buff, gator or scarf
- Warm Gloves/Mittens
- Warm Hat
- Baseball hat/Visor OR Sunglasses
- 1 tank top
- 1 Camp Shoes (optional)

Kitchen, Personal, etc.

- Notebook and Pen – for group lessons, reflection & journaling
- Backpacking stove w/ Fuel to cook (or bring your own – if you are flying be sure to buy some before you come to the farm, Delta doesn't have a sport/gear store and might be out of season at walmart)
- Metal Mug if you bring an insulated mug then bring a small pot to cook with
- Bowl w/ Lid or mug
- Dr. Bronners Biodegradable Soap (or similar), Scrubbie
- Lighter and survival fire back up as listed above
- At least **4 liter container** for water (Nalgene or camelback plus a dromedary)
- Personal Toiletries (Lib Balm w/ SPF 15+, Sunscreen w/ SPF 30+, Bug Stuff)
- Personal hygiene (toothbrush, small toothpaste, floss, tampons or pads, comb, lotion)
- Pee Rag – (toilet paper OR pee bandana – separate from above)
 - 2-3 wag bags (we will be packing out all waste – human and food)
 - 3-5 gallon ziplock bags to pack food

All Below are optional

- *Camp Chair (Crazy Creek) – optional – logs are available to sit on and we have meditation cushions that stay in the tipi*
- *2 – 3 extra Zip Lock Bags (great for organizing gear and food – or pack your snacks in a couple of bags and use them as you eat your snacks)*
- *Glasses and Contacts supplies*

- *Dental Devices*
 - *Prescription Medications and Vitamins*
 - *Trekking poles*
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Group Gear Provided

- Group 1st aid during solo and at farm
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To leave at home:

- Drugs and Alcohol (including marijuana)
- Large knives (anything beyond 4" is excessive and not necessary).
- Makeup
- Your own shampoo and soap for the outdoor shower house at the farm. Please use only what we provide as it waters the cottonwood trees.

To Bring for Farm

- Shower towel
- Personal hygiene (tampons, toothbrush & paste, ect)
- Your own coffee mug (can be the one you bring for the solo quest)
- Water bottle (can be the one you bring for the solo quest)
- Camping supplies (
- Journal/notebook and writing utensils

Provided at farm shower house