

Table 1

Number Required	Number Suggested	Description	Comments	Check
1	1	Bible	At least a New Testament - a journal is recommended as well	<input type="checkbox"/>
5	5	Days' worth of food supply	Ideally, high energy, low salt foods that do not need to be cooked	<input type="checkbox"/>
1	2	Water bottle(s), 1000 mL total capacity	Lexan, Nalgene, or aluminum construction	<input type="checkbox"/>
1	1	Go Bag	A small backpack or shoulder bag	<input type="checkbox"/>
1	1	50+ Liter backpack	Large enough to carry all of your gear, the items on this list, as a minimum	<input type="checkbox"/>
1	1	Mosquito net and tarp	A self-standing tent can be used to replace this	<input type="checkbox"/>
1	1	Watch which displays seconds	Waterproof with lighted face recommended	<input type="checkbox"/>
1	1	Whistle		<input type="checkbox"/>
1	1	Flashlight with extra batteries	Headlamp recommended	<input type="checkbox"/>
1	4	20' length of lightweight rope	Plastic "straw" rope is acceptable	<input type="checkbox"/>
1	2	Long pants - NO CAMOUFLAGE!	Quick dry material in cargo pant style recommended	<input type="checkbox"/>
1	2	Shirts - NO CAMOUFLAGE!	Quick dry material recommended	<input type="checkbox"/>
1	1	Pair of sturdy leather shoes or boots	Composite safety toe or steel-toed boots are recommended	<input type="checkbox"/>
	1	Extra pair of shoes	Shoes/boots required during water activities, an extra pair suggested	<input type="checkbox"/>
1	3	Bottles of hand sanitizer	100 mL bottles or less	<input type="checkbox"/>
1	1	Mess kit	Something to eat from and utensils to eat with	<input type="checkbox"/>
	1	Pair of sandals	Slippers are acceptable	<input type="checkbox"/>
	1	Lighter	Be sure it is full of lighter fluid	<input type="checkbox"/>
	1	Rain coat or poncho - NO CAMOUFLAGE!		<input type="checkbox"/>
	1	Multi-purpose knife	Leatherman, Schrade, or Swiss Army recommended	<input type="checkbox"/>
	1	Hat - NO CAMOUFLAGE!		<input type="checkbox"/>
	2	Undergarments	Camouflage is OK 😊	<input type="checkbox"/>
	1	Bedding set	Sleeping mat and blanket	<input type="checkbox"/>
	1	Small towel	A synthetic auto chamois works very well	<input type="checkbox"/>
		Toiletries	Make-up and blow dryers are not advised 😊	<input type="checkbox"/>
		Duct tape		<input type="checkbox"/>
		Sunscreen		<input type="checkbox"/>
		Insect repellent		<input type="checkbox"/>
		Rope		<input type="checkbox"/>
		Ziplock bags for electronics and documents		<input type="checkbox"/>
		Plastic trash bags		<input type="checkbox"/>
		Small notebook		<input type="checkbox"/>
		Pen or pencil		<input type="checkbox"/>
		Bold permanent marker		<input type="checkbox"/>