



"adventure is not in the guidebooks, and beauty is not on the maps."

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LIT NEEDS LIST

It is important that you read the list below carefully and understand the item description. The goal is to have every young adult in the "LIT" course outfitted properly in order to be comfortable and safe while in the woods and doing experiential exercises. If you have any questions or if you would like more information please call Tony Witter at (240) 793 2424. or E-mail at Tonywitter @aol.com. We are aware of the expense and variety of equipment and clothing required. Where you can, we suggest borrowing from friends and family to cut down the cost.

Camping Necessities

- An equipment bag capable of carrying all the items below.
- Sleeping bag – Summer weight sleeping bag -- a synthetic-fill material (rated 30 to 45 Degrees).
- Sleeping pad (at least a full length closed cell foam pad-cheap!)
- Compass - **Calleva** will provide this.
- Flashlight with a white and red filter lens (A red lens needed for night navigation)

Clothes:

- Baseball cap to prevent sunburn.
- Bandanna (this is great to wear loosely around your neck to use as a sweat cloth to wipe your face)
- 2 T-shirts (preferably synthetic -not cotton, so it dries fast)
- 2 long-sleeve shirts made from polypropylene/capilene or other quick-dry material so it dries fast after a rain. We will wear these light-weight long-sleeve shirts for all operations in the woods.
- 1 lightweight fleece top (OK to substitute sweats – but Oh no if they get wet!!!)
- 1 lightweight rain jacket with a hood (lightweight, waterproof & breathable)
- 1 pair of shorts that can double as swim trunks for men
- Swim suit (females)
- 3 pairs of underwear (or however many you feel you need!)
- 2 pair of pants made from polypropylene, capilene or codmax, or other quick-dry material so they dry fast after a rain.)
- 3 pairs of socks (please get hiking specific synthetic socks)
- optional: 1 pair of hiking boots (a light or mid-weight boot)
- 1 pair of sneakers
- 1 pair river shoes – nylon sandals with a strap to hold them on the foot

Hygiene and Other Personal Items:

- Personal hygiene needs (Tooth brush, floss & toothpaste, tampons, insect repellent, sun screen, lip balm, deodorant --travel size work best)
- Eating gear: a plastic or metal cup or bowl and a spoon
- One small towel & one small wash cloth
- Water bottle (plastic quart or nalgene 2 liter size)
- Camera (you want to capture those special moments and your photogenic counselors--before they get any older!)
- Prescription glasses or contact lenses. (Glasses are best in the woods.) (Bring an extra pair of eyeglasses. Bring eye glass straps to prevent glasses from falling off)
- Wrist Watch (water resistant and having an alarm is best)

Note: Target and Wal-mart have most of these items. Other specialty outdoor stores like REI, Army Surplus, Sports Authority, Dick's and Hudson Trail Outfitters will have them too.