

Following is a list of things you'll need to bring beyond the regular list that was sent with your registration.

- Your completed Health Form signed by your parents. No health form...no week at Sawtooth.
- A good **FRAME backpack THAT FITS YOU (with a PADDED waist belt, internal or external frame is fine)**. (not a daypack). If you don't have one, borrow one from a friend or you can use one of the camps. Email them as soon as possible at [sawtoothumcamp@gmail.com](mailto:sawtoothumcamp@gmail.com) to make sure they have one available.
- Two or three 16 to 32 oz. water bottles--a plastic pop bottle will do
- Eating utensils—knife, fork, spoon, 12-16 oz. insulated plastic mug, a bowl and plate.
- Good walking shoes that fit! Athletic shoes or hiking boots—something with good ankle support and in good condition! [your shoes and socks will make or break you're your experience, these are important!]
- Two pairs of good socks--no holes--hiking socks if you have them.
- A hat, cap, or sun visor, and **sun-screen**.
- **Full bottle of bug repellent, Non-aerosol is preferred. Mosquitoes can make life miserable.**
- Swimming shoes--something old to protect your feet in the cold, rocky river and lakes. We will have several water crossings and some swimming at the lakes. Either old tennis shoes or Teva-style sandals with straps on the back. **NO** flip flops!!!
- Rain gear. A poncho will do. Bring something to put over your pack too. Plan on rain. (It is Idaho!)
- Swim suit and towels
- A sleeping bag in a stuff sack **with straps to fasten it securely to your pack.**
- If you have one or can borrow one--a backpack tent and a ground cloth. Be sure you know how to set it up. We do share tents so please don't go out and make a special purchase.
- Flashlight and camera. A small headlamp is preferable to a larger, bulkier hand-held lamp.
- And trim your toenails a few days before camp. That'll help hold down blisters.
- Optional: fishing gear...

In addition to this list, we will distribute other community items such as cooking utensils, dish soap, food, garbage bags, etc for our hike.