

EQUIPMENT RECOMMENDATIONS

Having the correct gear is paramount to fully enjoying ZBASE. When backpacking there are two main areas to concentrate on to enjoy the full experience: weight and space. You will want your pack to weigh as little as possible, while ensuring you have everything you will need. When putting items into your backpack you have a finite space to put it in. Bringing collapsible items, compression sacks, and others will greatly enhance your adventure.

Clothing

- (1) Pair shorts
- (2) T-shirts
- (1) Pair of light weight pants (zip off preferred) - **REQUIRED FOR ATV and EQUESTRIAN PROGRAMS**
- (1) Belt
- (2) Pair of underwear
- (2) Pair of lightweight hiking socks
- (1) Pair of well broken-in boots – **OVER THE ANKLE BOOTS/ SHOES REQUIRED FOR ATV**
- (1) Light weight long sleeve shirt-**REQUIRED FOR ATV PROGRAM**
- (1) Rain jacket or rain gear
- (1) Swimsuit
- (1) Pair water / Closed toed shoes (for showers/ aquatic programs)
- (1) Hat with brim
- Light weight “camp” shoes to wear when not hiking – close toed. **REQUIRED FOR NINJA PROGRAM**

Eating Utensils

- (1) Plastic bowl or large cup
- (1) Drinking Cup
- (1) Spoon
- (2) – (3) Liter (32 oz) water bottles- “NALGENE” style

Personal Items

- (1) Sleeping bag in a waterproof sack or plastic or sleeping bag liner
- (1) Sleeping pad
- (1) Pack cover
- (1) Small towel
- (1) Toothbrush and toothpaste
- (1) Personal first aid kit
- (1) Pocketknife
- (1) Small flashlight with extra

batteries

- (1) Watch -waterproof or water resistant
- (1) Whistle
- (1) Travel-size bug spray/ sunscreen- **NO AEROSOL – PUMP SPRAY ONLY**
- (1) Dry bag for canoeing only (not all treks canoe)
- (1) Hiking Backpack w/ hip belt- 50-75L recommended. Please no “school” backpacks or packs without hip belts.
- Backpacking Camp Chair

Provided by Crew

- Additional spices for cooking (if desired)
- Additional snacks for crew (if desired)
- First Aid Kit
- Dry bags for canoeing for Crew gear
- Roll of toilet paper (in Ziploc bag)
- Small roll of Duct Tape.
- Opaque, resealable plastic bags- for female hygiene product disposal

*Amazon.com: 6" X 9 Inch Black Re-closable Resealable Zipper Bags, 100 : Industrial & Scientific

Equipment Provided by ZBASE

- Food
- Stoves and fuel
- Pots/ Serving Utensils
- Garbage bags
- Pot scrubber
- Bleach tablets for cleaning

EQUIPMENT NOTES

- Lightweight sleeping bags or recommended sleeping bag liners.
- Pack personal gear in zip lock bags or waterproof stuff sacks to keep dry and organized in your backpack.
- Note that tents are not required. Sleeping facilities will be made available.
- Hammocks are encouraged but not all sites have trees available for hammock camping.
- A good sleeping pad is recommended – the beds provided are not padded.
- ZBASE will provide stoves and fuel in each area.
- Each Adventure Area is provided with picnic tables and cooking shelters.

