



The Mountain Workshop

A Division of Hawke Mountain Ventures, LLC

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CLOTHING & EQUIPMENT REQUIREMENTS:

***Please to try pack as little cotton as possible**

For all participants:

- | | |
|---|---|
| <input type="checkbox"/> Bag lunch with beverages for day 1 | <input type="checkbox"/> Warm hat |
| <input type="checkbox"/> Daypack or book-bag | <input type="checkbox"/> Hat with visor |
| <input type="checkbox"/> 2 filled one-quart canteens or
water bottles | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Socks (at least 1 pair non-cotton) | <input type="checkbox"/> Rain gear (tops & bottoms preferred) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Sleeping bag with stuff sack |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Small pillow |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Flashlight / Headlamp |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Long pants | <input type="checkbox"/> Toiletries
(shampoo, soap,
toothbrush, toothpaste) |
| <input type="checkbox"/> Long sleeved shirt | <input type="checkbox"/> 3 Large Ziplock Bags |
| <input type="checkbox"/> 1 wool or polar fleece sweaters | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> 1 Pair sneakers/ light hiking boots
cros/flipflops) | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> *Old sneakers that can get wet are ok | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> | <input type="checkbox"/> |

Participants should arrive with two items:

- **A daypack with lunch, full water bottles, rain gear, warm shirt, bug repellent and sunscreen.**
- **A large backpack or duffel bag packed with all other belongings (sleeping bag included). (Waterproof belongings by using a plastic garbage bag inside duffel.)**

****Please do not bring lighters, knives or personal electronics.**