

## WFSI Summer 2002 – Ohio Parks Trip

### *Green Duffle Bag, Daypack, and Van Bag*

Purpose: To have a happy and successful WFSI trip, you will need to be very organized. Since personal storage space is also limited, you will need to plan ahead on where to keep all of your personal items. Here is a plan that has worked for many students in the past.



Write your name on the clothing tags whenever possible, and any other personal items.

#### **Green Duffle Bag (WFSI):**

Sleeping bag (1)  
Sleeping pad (1)  
Thin sheet/bag liner (1)  
Tennis shoes (1)  
Sandals (1)  
Laundry bag (1)  
WFSI tee shirt (1)  
Socks (8)  
Undergarments (6-9)  
Tee-shirts (4-6)  
Long-sleeved tee shirts (1-2)  
Sweater or sweatshirt (1)  
Under-Armor style shirt (1)  
Under-Armor style tights (1)  
Nightwear (1)  
Bath towels (2)  
Washcloths (1)  
Pants (1-2)  
Shorts (4-6)  
Swimsuit (1)

#### **Daypack (Personal):**

Field notebook  
Pens & pencils  
Rain gear  
Lip balm  
Sunscreen  
Insect repellent  
Baseball hat/brimmed hat  
1-L Nalgene (2)  
First aid kit  
Wallet and ID  
Sunglasses  
Bandana  
Camera & batteries  
Kleenex  
Lunch  
Wristwatch

#### **Van Bag (WFSI):**

Journal  
Postcard stamps  
WFSI handouts  
Pens & pencils  
Bathroom kit:  
    Soap  
    Shampoo  
    Deodorant  
    Hair brush  
    Toothbrush  
    Toothpaste  
    Floss  
    Personal hygiene  
Flashlight & Batteries  
Baby wipes  
Personal Medications  
    Prescriptions  
    Over-the-counter  
Pillow

*(Note: Hiking boots or shoes with Vibram soles are optional)*

#### **BIKE GEAR (Personal Gear):**

Bike (road bike or mountain bike for paved trails and some hard packed unpaved trails)  
Bike helmet  
Bike lock  
Bike headlight and taillight  
Spare tube (that fits your bike)  
(note: additional optional bike gear will be discussed at our May pre-trip meeting)