



Wilderness Navigation Mountain Session Equipment List

1. Hiking Boots
2. Whistle
3. Water Bottle
4. Pencil & Notepad
5. Day Pack
6. Rain Gear
7. Seasonal Warm Clothing (Long pants recommended)
8. Toque & Gloves
9. Camping Gear: Tent, Sleeping Bag, Sleeping Pad, Mug, Stove, Pot, etc
10. Bag Lunch [Saturday]
11. Camp Breakfast [Saturday & Sunday]
12. Camp Supper [Saturday]

Optional Items

- Personal 1st Aid Kit
- Fire Lighting Gear
- Survival Knife
- Bear Spray
- GMRS Radio or Cell Phone