

PACKING LIST

FATHER + SON

JOURNEY

EQUIPPING
FATHERS TO LEAD

WEEKEND



Required:

- Bedding (sleeping bag, pillow, etc.)
- Towels, wash cloths
- Toiletries (soap, tooth paste, brush, etc.)
- Warm boots
- Extra boots
- Personal medications (if applicable)
- Warm, outdoor clothing
- Winter hat
- Gloves
- Fixed Blade Knife
- Bible
- Water bottle
- Rain clothing

Clothing tip: Dressing in layers is a very effective and comfortable way to live in the woods. A good "woods" outfit would be thermal tops/bottoms, wool socks, heavy pants, heavy shirt, sweater, weatherproof parka, gloves, neck gaiter, and a knit cap. This system allows you to shed layers due to warmth and exercise while creating more warmth through trapping air.

Optional

- Your personal survival kit
- Day pack or sling bag (for carrying items throughout the day or storing unneeded clothing layers)
- Flashlight
- Foam seat of pad to kneel on
- Personal compass