

Rites of Passage
EQUIPMENT LIST FOR VISION QUEST PROGRAM

Gear:

Tent (for campground only)
Backpack
Sleeping bag
Ground cloth
Rain/sun tarp (9 x 11 feet)
Rope (1/8" diameter, 100 feet)
Sleeping pad
Pocket (folding) knife
Matches (in waterproof bag)
2 large garbage sacks
Toilet paper, 2 sealable plastic bags
Hand sanitizer (2 oz.)

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Cup, bowl, spoon, fork
Sunscreen (even in winter)
Small day pack
Sunglasses
Flashlight
Chapstick
Journal, pen/pencil
Water bottles (1 qt. each x 2)
6 one-gallon water jugs
Towel
Trowel (for cat holes)

Clothing:

Comfortable pants*
Long underwear*
Warm socks (2 pair)*
Warm sweater or fleece*
Warm hat*
Hiking boots
Light shoes/sneakers/sandals
Shorts (for warm weather)

Long sleeved shirt or turtleneck
Gloves or mittens
Warm jacket or parka
Raincoat or poncho
Rain pants (useful, not required)
Sun hat
Underwear
Bandanna (2)

- Items marked with an asterisk (*) should be made from wool or synthetic fabric. Cotton does not dry easily and creates a risk for hypothermia.
- Bring items you can wear in layers.
- Bring a change of clothing (pants, shirt, underwear, socks) to leave in base camp or vehicle, for when you return after the solo.

Optional:

Musical Instrument
Insect repellent
Water filter (check with guides)
Bathing suit (check with guides)
Firewood (check with guides)

Biodegradable soap/shampoo
Body wipes
Personal ceremonial items
Backpackable chair (recommended)
Candle lantern (for night solo)

Emergency Kit

Make sure the following items are also packed. Some are already in the above list. These items make up an "emergency kit" that should be carried on your person at all times during the threshold (solo) period.

Bandanna
Matches
At least 2 quarts of water
Pocket knife
Band-aids, antiseptic

A few hard candies or some honey
Emergency whistle
Warm hat
Sweater/fleece
Raincoat