

# NIKO WARM WEATHER PACKING LIST FOR STAFF AND PARTICIPANTS

All applicants are responsible for bringing the following items. We do have a limited number of backpacks, sleeping bags, and foam pads available for rental. \* Please inform us as soon as possible of your needs. If you bring something extra without prior approval (exception: prescribed medications), it will be confiscated, and returned after completion of the NIKO. Clearly mark all personal items with your name.

**The clothes you wear to the NIKO count as part of the following list; do not wear extra clothing.** If you require an inhaler or epinephrine pen you must have yours with you or you will not be allowed to participate.

## MISCELLANEOUS ITEMS: (Should be protected from getting wet)

### The following items are MANDATORY!

- Complete Bible
- Pen
- Notebook OR journal/diary
- Hair brush or comb
- Tooth brush
- Towel AND washcloth (should be quick drying)
- Pocket knife (should be sharp and not a stiletto, switchblade, butterfly, or Dundee)
- Unbreakable plate/bowl
- Unbreakable cup/mug
- Fork AND spoon
- **2 water bottles or canteens (1.5L or more, less than this is not optional)**
- Flashlight
- Extra batteries for flash light
- Chap stick
- Sunscreen for face and body
- Sleeping bag (a good three-season bag, mummy style preferable)
- Thermal foam pad
- Day pack (must accommodate all items needed for one day)
- Back pack (must accommodate all items brought with you; you will be hiking with this)

### Optional items below:

- Watch
- Camera
- Work gloves
- Carabineers
- Bug repellent

## CLOTHES:

### The following items are MANDATORY!

- One pair of shoes/boots for hiking (these may get wet)
- One pair of shoes/boots for non hiking
- One pair of ankle length hiking pants (should be loose fitting to reduce chafing)
- One pair of long pants or sweats (modest please)
- One bathing suit (modest please; girls may bring "cover-up" clothing)
- One pair of sandals OR water shoes
- Six pairs of socks
- One bandanna OR scarf
- One pair of gloves
- One pair of hiking shorts
- Hat/Visor (no beer logos, etc.)
- Four pairs of underwear (Girls: implies four bras as well)
- One long sleeve shirt
- Two T-shirts
- One water/weather proof jacket with hood/head cover
- Light jacket OR sweatshirt OR sweater
- Girls: sanitary pads/tampons (even if you don't think you will need them)

### Optional items below:

- Sunglasses
- Gaiters
- Belt
- Bivy sack

**\*Rental Fees: back pack - \$10, sleeping bag - \$10, foam pad - \$5**

**If you have any questions, please contact us. (250) 352-9926**