

Rental Rates for trip gear

Internal frame pack	\$35	Gaiters	\$15
Trekking poles	\$15	Sleeping bag and stuff sack	\$35
Ensolite pad (sleeping pad)	\$15		

Group Gear (provided)

Tents	Tarps
Coleman 2 burner propane stove & butane stove	Boxes/tubs
Pots, fry pans, group cooking utensils	Solar lights
Water jugs	Tables
Trowels	Group First aid kit
Repair kit	1-2 rolls duct tape
1-2 small wood saws	Supplies (toilet paper, fuel, etc.)

**Suggested Personal First Aid Kit

1. Meds

- a. Your personal medications *** Most Important!
 - i. Regular personal prescriptions and over the counter medicines
 - ii. "Rescue meds" for chronic conditions. Examples:
 1. Albuterol inhaler and prednisone for asthma
 2. EpiPen(s), benadryl, and prednisone for allergic reactions
 3. Antibiotics or antifungals if prone to UTIs or yeast infections
- b. Ibuprofen and or acetaminophen (like Advil or Tylenol) or similar analgesic
- c. Bismuth, TUMS – "stomach settler" of choice
- d. Imodium or similar
- e. Antihistamine of choice (loratidine e.g.)
- f. Acid reducer of choice (ranitidine, omeprazole, e.g.)
- g. Decongestant of choice
- h. Triple antibiotic ointment
- i. Contact solution if applicable

2. Non-Meds

- a. Blister care – moleskin, second skin, blister band-aid of choice
- b. Tweezers
- c. Needle
- d. Duct tape
- e. Band-aids
- f. Gauze
- g. Alcohol pads
- h. Ace wrap or knee brace, if applicable
- i. Personal hand sanitizer