



SKY MIND RETREATS

ESCALANTE CANYONS BACKPACK RETREAT

WHAT TO BRING

The most important thing you can bring to any wilderness trip is a flexible attitude, ready to cheerfully accept the surprises that nature and circumstances may present. Please keep your total backpack weight to about 25 pounds. With water your total pack weight will be about 30 pounds. Bowe or Susie will be happy to inspect your pack in Escalante, to help you eliminate unneeded items.

Make sure to prepare for cold and rainy weather! Rain, cold, thunderstorms, and wind are possible. Daytime temperatures will probably be in the 60s and 70s, and nighttime temperatures in the low 40s. It is possible to have freezes at night. Sitting may be cool at times: Please be sure you have sufficient clothes to sit in the early and late hours of the day. (You can use your sleeping bag for extra warmth if needed.)

Do not be daunted by this list; you already have most of what you need, and we will help you figure out how to deal with the rest! Tents, sleeping bags, backpacks, and pads can be rented from backpacking stores at very reasonable rates. (See page 3 for more on this.)

- CLOTHING (required)**
- Sturdy lightweight boots or full leather hiking boots, comfortable and broken-in, with Vibram or other good soles.
 - Socks: 2-3 pair, wool or polypro, plus liners as needed.
 - Waterproof rain jacket or parka, and rain pants. (ponchos do not do the job)
 - Two warm garments. For cool mornings and evenings: for example, warm wool shirt and polarfleece-type sweater (avoid bulky sweaters). Do not bring cotton sweatshirts or sweaters.
 - Lightweight windbreaker - serves as a warm but light layer.
OR down vest, heavy long-sleeved flannel shirt or other garment to add another layer in case of cold.
 - Warm pullover cap and gloves. Very necessary!
 - Long loose-fitting lightweight pants—not cotton (or lightweight rain pants).
 - Long sleeve nylon supplex shirt (for protection against sun and possible insects).
 - insulating long underwear, both bottom and top. (Either polypro, capilene, or wool wicking long underwear. Do not substitute cotton or cotton-blend long underwear.)
 - T-shirt.
 - Underwear (2-3 as needed). (Can be washed during the retreat)
 - Hat for sun protection for face and neck.
 - Clean clothes to be left in car, to change into after the retreat.

- CLOTHING (Optional)**
- Hiking shorts.
 - Crocs or other lightweight footgear to wear around camp and for stream crossing
 - Bandanna.

- FOOD (required)**
- Your choice of hot and cold drink mixes.** (herb tea, cider, cocoa, coffee, etc.)
Hot water for drinks will be available before breakfast and after dinner.
 - Your choice of trail snacks.** (trail mix, candy, dried fruit, power bars, etc.)

- EQUIPMENT (required)**
- _____ Large internal or external frame backpack, large enough to carry all your personal gear. An internal frame gives you a lower center of gravity, but must be more carefully fitted. Volume should be about 4000-5000 cubic inches.
 - _____ Lightweight daypack, for day hikes. (Some backpacks have detachable hip packs. If yours doesn't then bring a separate daypack. Will need to hold your lunch, water bottle, layer of warm clothes, rain gear, and optional items like camera)
 - _____ Rain cover for backpack (coated nylon) OR 2-3 garden plastic leaf bags (for sleeping bag, clothing, etc.) Put all water-sensitive things like cameras in ziplock bags.
 - _____ Lightweight sleeping bag, good to freezing (30 F).
 - _____ Sleeping bag stuff sack. (If you use an external frame pack include straps to attach the bag to the pack).
 - _____ Ensolite foam and/or Thermarest air mattress.
 - _____ Tent with waterproof rain fly. (One- or two-person size, 3-season, lightweight)
 - _____ Tent ground cloth. Either custom for your tent model, or a lightweight plastic sheet.
 - _____ Tent stakes and guying cord. Can be lightweight. You can also use logs and rocks at the campsite to anchor your tent.
 - _____ Sunglasses.
 - _____ Plastic one-liter water bottles (two).
 - _____ Water purification equipment (choose one): Iodine pills (Potable Aqua), chlorine dioxide drops (Aquamira), or filter pump.
 - _____ Matches or lighter.
 - _____ Personal toilet paper supply, in a plastic bag to keep dry.
 - _____ Whistle (for emergency signaling only).
 - _____ Personal First Aid, including moleskin or athletic tape for blisters. (Bowe will have a more substantial first-aid kit.)
 - _____ Personal medications.
 - _____ Personal and medical I.D.
 - _____ Sunblock or sunscreen.
 - _____ Mosquito head net. For sitting meditation.
 - _____ Toothbrush and toothpaste or powder.
 - _____ Small flashlight or headlamp, with extra batteries.
 - _____ Lightweight cup, bowl, and spoon (fork optional). Having both a bowl and a cup is nice so that you can have tea with your food. Insulated cup is recommended.
 - _____ Sanitary supplies for all pre-menopausal women.
 - _____ Crazy Creek or Thermarest chair, small inflatable cushion, etc., for sitting practice.

- EQUIPMENT (Optional)**
- _____ Hiking Staff or Ski Pole, for extra stability and support.
 - _____ Insect Repellent. Recommended but with full-coverage clothing you can avoid.
 - _____ Toiletries - small towel, biodegradable soap (**not** to be used in or near streams), comb, hand lotion, small mirror, etc.
 - _____ Small pocket knife (Swiss Army, etc.)
 - _____ Neutralizer pills or vitamin C powder, to neutralize iodine taste in pill-purified water.
 - _____ Extra nylon stuff-bags (a pillow when stuffed with clothing, a laundry bag, etc.)
 - _____ Camera, film, memory cards.
 - _____ Note pad and pen.

PLEASE DO NOT BRING PERFUME OR SCENTED LOTIONS AND SUNSCREENS

PLEASE DO NOT BRING ALCOHOL, RECREATIONAL DRUGS, CIGARETTES, IPODS OR OTHER MEDIA PLAYERS, CELL PHONES, OR BOOKS (These items distract us from deepening practice.)

BORROWING EQUIPMENT: check borrowed equipment carefully! Check tents: Are the rain fly and all the poles there? Any holes or badly worn places? Do the zippers work? Has it been recently seam-sealed? Set it up ahead of time to make sure you know how. Get in it and check for holes.

Check backpacks: The backpack you use must fit you, not anyone else. If you're borrowing one, put it on. Adjust waistbelt and shoulder straps. Fill it up and see how it fits. Make sure zippers work. Make sure you know where the sleeping bag goes--inside? outside, tied on with straps? Do you have the straps? Is there an outside pocket for your water bottle? If you're not sure about the pack, go to a store and try packs on. The sales people are usually very helpful and knowledgeable, and you can get a good idea how a pack should feel from trying on new or rental packs.

Check sleeping bags and pads: Sleeping bags must be down or fiber-fill, lightweight backpacking type. Make sure zipper works. Check for rips. Check Thermarest-type pads for leaks.

RENTING EQUIPMENT: Tents and backpacks can be rented from outdoor stores. Some places also rent sleeping bags and sleeping pads. The same precautions apply as for borrowing equipment. Check the equipment carefully. Have the salespeople help you. Make sure you know how to set up tents. The time you spend now will make your first day on the trail smoother. Reserve packs and tents in advance, but check them over again when you pick them up.

**Give me a call if you have any questions! --Bowe (575-779-2111)
bowellis@gmail.com**

ITEMS PROVIDED BY TRIP ORGANIZERS

1. All group meals.
2. Salt, pepper, and some spices.
3. Stoves, fuel, fuel bottles, funnel/pouring spout.
4. Cooking pans, lids, and cooking utensils.
5. Vise grips or pliers.
6. Rope and cord for commissary use.
7. Trash bags for group trash.
8. Dish soap and other clean-up items.
9. Hand sanitizer (alcohol based gel).
10. Jug or pot for occasional bath/laundry.
11. First-aid kit for emergencies.
12. Satellite phone for emergencies.
13. Maps.
14. Basic repair kit.
15. Group trowel for toilet use.
16. Kitchen rain tarp (shelter for cooks).
17. Group meditation rain tarp.