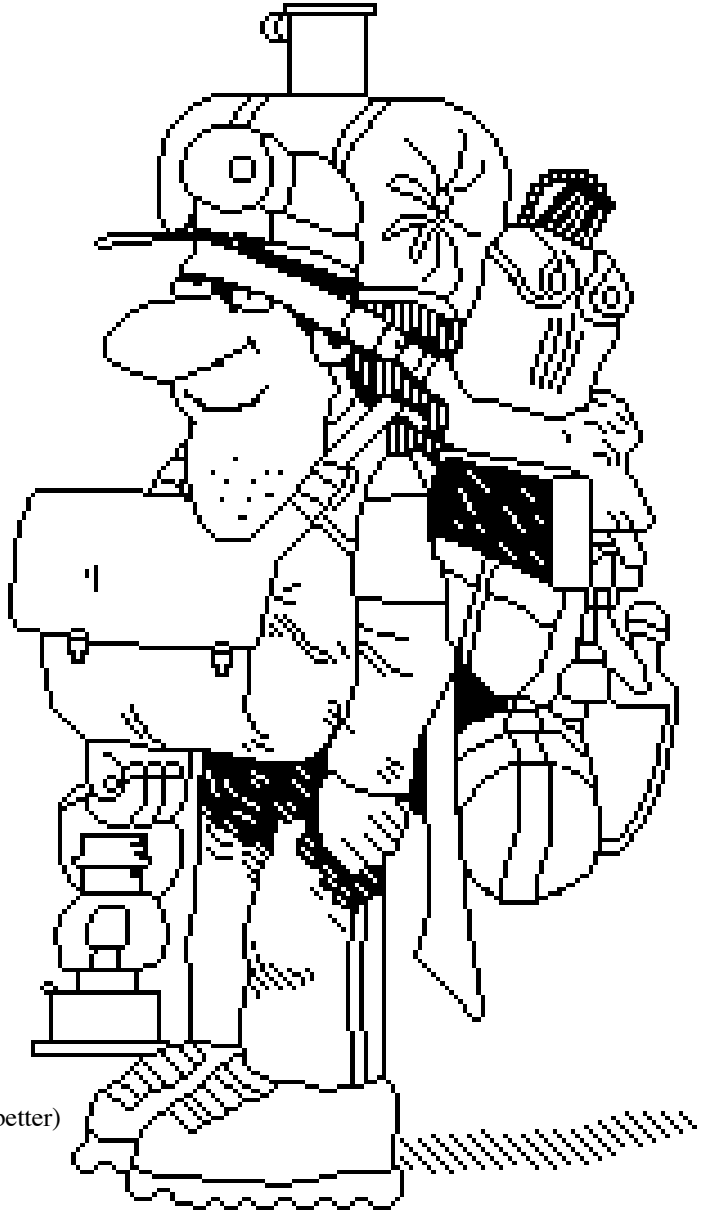


## RESURRECTION TRAIL SUGGESTED GEAR LIST

1. Sleeping Gear
  - sleeping bag (in waterproof stuff sack)
  - foam pad
2. Extra Clothing
  - rain gear
  - extra pair of shoes
  - wool socks and light-weight socks
  - underwear, pants, shirt or sweat shirt
  - wool sweater, insulated vest or jacket
  - wool gloves, hat
3. Cooking and Eating Gear/Mess Kit
  - plate (or bowl), cup
  - pan, knife, fork and spoon
  - canteen and water purification tablets or pump water purifier
  - SOS pad/sponge in zip-lock bag
4. Personal Gear
  - toothbrush, toothpaste, shampoo
  - soap in plastic box or bag
  - towel, toilet paper (in waterproof bag)
  - pocket knife
  - Bible.
5. Items to be shared with a friend.  
(You carry part and friend carries part.)
  - tent, stove, fuel, cooking pot, trowel
6. Safety Items
  - matches in a waterproof container
  - moleskin, band-aids (or small first-aid kit)
  - extra medication (if you use medication)
  - mosquito repellent
  - flashlight
7. Miscellaneous
  - large zip-lock bags (to keep food in and to keep gear dry)
  - large plastic bag to cover back pack
  - sun screen
  - food, snacks for lunch and along trail
  - hot chocolate and lemonade mix (makes purified water taste better)
  - frame back pack, good quality, with hip belt
  - hiking boots, good quality, well broken in
8. Nice to have (if you can carry it all)
  - camera & film
  - wash-n-dries
  - notebook and pen or pencil
  - air pillow
  - nylon line, folding saw



**\*\*PLEASE DO NOT BRING ELECTRONIC EQUIPMENT: Radios, Walkmans, Walkie Talkies, etc.\*\***

The Hike will begin on Monday, June 2nd at the Hope Trailhead at 9 AM. Each church will be responsible for transportation for their own hikers. The Hike will end at the Cooper Landing Trailhead on Saturday, June 7th at 11 AM. Plan to pick up your hikers at that time. Hamburgers, etc., will be serve at the end of the Trail. This meal is included in the Hiker's fee. No public displays of affection will be allowed. Be prepared to haul out any personal trash that you accumulate on the Trail. Hikers are responsible for their own tenting arrangements. Make checks payable to: Alaska District NYI. Mail application and fees to: Dennis Strait, 7937 Paine Road, Anchorage, AK 99516 (ddstrait@acsalaska.net).