

## “A Night in the Woods” —Equipment List

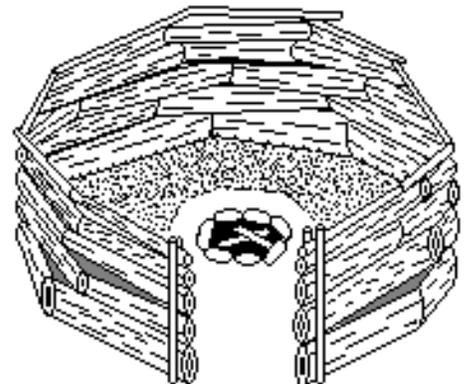
Except for the Optional Items below, bring **exactly** what’s on this list —**no more, no less!**

- The Clothes You Have On —choose wisely! be sure you have good hiking shoes, and something with long sleeves (like a sweatshirt)
- “Sock Cap”
- Change of Socks & Underwear
- Blanket
- 1 or 2 Blanket Pins —if you have them
- Large Plastic Trashbag
- Tarp (either an 6'x8' or 8'x10')
- Water Bottle —at least 32 oz/1 lt
- 1/3 to 1/2 Roll of Toilet Paper —in a ziplock bag
- Bandanna
- 3 *Medium* (or equivalent) Potatoes —these may be in a bag
- +/- 1 Quart Cook Pot —this may be in a bag
- Sharp Knife —for woodcarving
- +/- 10 inch Machete/”Bush Knife” **or** Folding Camp Saw **or** Tomahawk —if you have one
- 50-100 ft Jute Twine
- Pack —to carry all this in

Survival Priorities	Survival Priority Equipment
1. Shelter	Clothing & Footwear Bedding Roof / Walls
2. Water	Water Bottle
3. Health Concerns	Hygiene Items
4. Fire	Fire-Starter & Fuel
5. Food	Food Cook Pot & Utensils Cutting & Chopping
Tools:	Digging Cordage Containers

### Optional Items:

- Pocket Bible or Testament
- Camera —let’s take lots of pictures
- Notepad & Pen/Pencil(s)
- Small Flashlight (or Headlamp) —no larger than 2 “AA” batteries
- Whistle
- Water Filter
- Water Bag
- Small Basic First-Aid Kit
- “Cravat” (aka “Triangular Bandage”)
- Comb/Hair Brush
- Feminine Hygiene Items
- Flint & Steel Fire-Starting Set (*historic* type flint & steel only)
- Digging Stick —that *you* have made
- Walking Stick
- Hand-carved Spoon —that *you* have made
- Sharpening Stone
- Extra Potato
- Salt



## “A Night in the Woods” —Notes on Equipment

\* Don't use this list for your checklist, some of the more obvious items have been left off.

- Clothes that you are wearing —if possible, wear clothes with “earth tone” colors
- “Sock Cap” —you lose over 70% of your body heat from your neck up
- Blanket —the thickest wool blanket that you can get a hold of is what is recommended. It has been said that wool blankets are one of the greatest inventions of man. If you are going to buy one, try army surplus type stores, otherwise you will end up paying a lot. Although wool is heavy, it is quite durable, and wool will keep you warm even if it gets wet. Since we aren't taking a lot of other stuff, the extra weight shouldn't be an issue.  
¿Why can't we bring sleeping bags? —very simply, because you will learn more. With a good sleeping bag and a foam pad, you can bed down almost anywhere, but what have you learned? By using blankets, we have to build good shelters, and debris beds, and have a fire. More experience, and therefore, more learning.
- Blanket Pins —these are large “safety pin” type things, usually available at fabric stores (though they may not know them by that name, look in their “notions” section), and places that sell horse “tack” (like feed stores)
- Large Plastic Trashbag —for emergency rain coverings
- Tarp —bring either an 6'x8' or 8'x10' size, don't be tempted to bring something larger, you won't need a larger one, it will just be awkward to work with and extra weight to carry
- Water Bottle —old “Gatoraid” bottles work great
- Toilet Paper — $\frac{1}{4}$   $\frac{1}{3}$  to roll should be plenty for this trip, keep it in a ziplock bag
- Bandanna —many, many uses
- “Sack” Lunch —for lunch on the hike in
- 3 Medium Potatoes —or the equivalent amount of other size potatoes
- Cook Pot —this can be anything from a tin can to some fancy camp cooking utensil, be sure you don't mind getting it all black from cooking on the fire, and it should hold at least about a quart
- Sharp Knife —for woodcarving, and yes, it needs to be sharp
- Jute Twine —generally available in hardware and gardening stores (try the hardware section at WalMart) “sisal” twine is stronger, but it is stringy and harder to work with, bring 50-100 ft, natural fiber twine will biodegrade if it gets left behind
- Cravat —again, many uses, we are planning to show you how to make these

**On this trip we hope to make:** Shelter(s), Flint & Steel Fires, Toothbrushes, Cook Food Over the Fire. And if we get around to it we will also make: Bow Drill Fire, Digging Sticks, Cordage, Spoons, Bowls, and ...

