

BASIC EQUIPMENT LIST

What follows is a suggested list of personal gear to bring to LIT. Please keep in mind the weather as the facility we are using is not winterized and can be chilly and some many activities will be outside.

- Warm sleeping bag (maybe an extra blanket too)
- Insolate pad (max ½ inch thick)
- Running shoes
- Durable, waterproof rain gear
- Warm sweater
- Pajamas
- Toque
- Jacket
- Water Bottle
- Pen and notebook, and a Bible
- Personal Items such as; Toothbrush, paste, ect.

Optional items Pocket knife Camera Flash light/headlamp

IMPORTANT REMINDERS:

- Please leave any electronic devices in your bag as we do not want the distraction but you will be free to use if necessary**