

Sample Personal/Group Equipment List

For 2 days, 1 night

Add if Adventurous Journey will be longer

Personal: Each participant must have these items:

Toiletries – Toothbrush/paste, soap, deodorant, toilet paper, personal wipes.

Clothing – Cotton type preferred (colors of the RBDF are **not allowed**).

2 t-shirts, 1 long sleeve shirt

1 long pants (absolutely no jeans or tights)

1 short pants, wind breaker

Sleepwear

2 socks

Swim Suit/trunk (1 piece girls)

Underwear

Footwear – Cross trainer type tennis or hiking boots

Slippers (flip flop type)

Eating – Absolutely no paper plates, bowls, forks, spoons, cups and knives.

Use a Mess kit or Metal type plate/bowl/spoon/fork.

1 water bottle (liter size preferred) or 2 smaller ones.

Equipment - Flashlight

Personal first aid kit

Bring any special medicine or medical device.

Hat – No RBDF army colors.

Small towel

Sheet or bedroll

Garbage Bags – 2 per person

Whistle

Rope

Insect repellent

Sun screen

Writing paper

Pen, pencil

Hand sanitizer

Motion seasick tablets

You can use your own backpack provided it is a professional one.

Size 35 to 45 liters with an inner or outer frame.

Group:

Equipment – tents – amount depends on size of group; male & female members

Compass – 1 per group

Cutlass – 1 per group (must be collected at boat and given back after cooking)

Map – 1 per group

Food – a lot per group; e.g. instant food, box cereal, bread, jam,

Cheese, powder milk, teabags, Milo, sugar, rice, noodles, spaghetti etc...

Cell phones and excessive jewelry are not allowed