**Equipment List for Fort Selkirk July 13 – 19, 2015**

**Nighttime Sleeping Tools**

* Tent with fly
* Warm sleeping bag with inner bed sheet (for warmth and if it is too hot for SB)
* Pillow (also for warmth)
* Sleeping matt (either foamy or blow up therm-a-rest )

**Daytime Living Tools**

* Tarp big enough for over the larger picnic table for protection from sun and rain
* Rope to tie tarp and hang wet clothes
* Stove - one or two burner for cooking food (make sure it still works)
* Fuel for stove (check your stove for the right kind)
* Matches
* Small camp pot set
* Basin for washing dishes
* Water jug
* Dish soap
* Dish scrubber
* Rag
* Pot holder or leather glove
* Tea towel for drying dishes (or putting wet dishes on to dry)
* Cooking utensils (flipper, big spoon, cutting knife, can opener etc)
* Eating utensils (knife, fork, spoon)
* Cup for coffee
* Bottle for water
* Bigger bottle for storing boiled drinking water after it cools
* Flashlight or headlamp (could be in smart phone)

**Clothing for the Weather**

* Raincoat or poncho (with room for warm layers)
* Down vest or winter coat
* Lumber jacket (wool or poly ---)
* Sweater (wool or poly ---)
* Shoes
* Sandles
* Rubber boots
* Hat for sun
* Hat for warmth
* Scarf
* Sunglasses

**Clothing in General**

* Socks - 3 or 4 pairs (wool and cotton)
* Underwear - 3 or 4 pairs
* Pants (that dry fast)
* Comfy pants
* Shorts
* T-shirt or 2
* Light cotton button up for warmth and sun protection
* Pajamas
* Long john’s (top and bottom)
* Bathing suit for bathing by the river or suntanning

**Toiletries**

* Toothbrush
* Toothpaste
* Dental floss
* Facecloth
* Towel
* Sun tan lotion
* Sun block
* Bug dope (bugs aren't too bad at fort selkirk but still good to bring)
* Chapstick or vaseline for lips
* Hand/face cream
* Feminine pads and tampons (just in case)
* Small mending kit (from hotel)

**Small personal first aid kit**

* Band Aids
* Moleskins for blisters
* Gauze
* Paper tape (hypo-allergenic)
* Antibiotic ointment
* Scissors
* Tylenol or ibuprofen
* Rubbing alcohol pads
* Peroxide (tiny size)

**Workshop tools**

* Guitar or other acoustic instrument
* Laptop with plug
* Camera (could be in smart phone)
* Pens
* Recording device (smartphone or laptop may have this) for recording melodies or lyrics
* Writing book/paper
* Chair
* Writing surface (piece plywood across your chair with arms or table)
* Songs that are in the works (we can have a look at them and discuss them if you like)

**Bear Deterrents**

* Bear spray
* Banger
* Horn