

Circles of Air & Stone

Finding a Dream Worth Living

Gear Checklist - *Guideline Only Refer to Welcome Pack

Shelter

- Tent - Prior to Solo **
- Tarp - 8'X10" or 9"X11" Rip Stop Nylon, w Grommets **
- Rope – 50 to 100 Ft, 1/8" Dia Nylon Paracord

First Aid/Emergency

- Personal First-Aid Kit (Small complete kits can be purchased at REI)
 - Antiseptic wipes (BZK-based wipes preferred; alcohol-based OK)
 - Antibacterial ointment (e.g., bacitracin)
 - Compound tincture of benzoin (bandage adhesive)
 - Assorted adhesive bandages (fabric preferred)
 - Butterfly bandages / adhesive wound-closure strips
 - Gauze pads (various sizes)
 - Nonstick sterile pads
 - Medical adhesive tape (10 yd. roll, min. 1" width)
 - Blister treatment
 - Ibuprofen / other pain-relief medication
 - Insect sting relief treatment
 - Antihistamine to treat allergic reactions
 - Splinter (fine-point) tweezers
 - Safety pins
- First-aid manual or information cards
- Emergency Whistle
- Compass
- Gels or Energy Bar for Solo (just in case)
- Knife or Multi Tool (Repairs)
- Kit for Repairs (Small Duct Tape and Mattress patches)
- Wooden Matches and/or Lighter
- Waterproof Container for matches (Ziplock fine)
- Electrolyte Tabs or Drink (ie Nuun)

Hydration (See note on Water below)

- Water Filter/Pump or Purification Tabs **
- Water Bottle Nalgene X2
- Gallon Water Bottles 3-4

Camping

- Backpack – hike to Base Camp and Solo **
- Sleeping Bag rated to 40 Deg F- 20 Deg F and/or 0 Deg F – Refer to Welcome Pack for site specific site requirement. **
- Pack Cover Rain
- Stuff Sack
- Sleeping Pad (Thermarest/Z Rest)
- Camping Pillow or Stuffable Case
- Ground Sheet (Tent Footprint)
- Potty Trowel
- Headlamp (extra batteries)
- Trekking Poles if required
- Two large heavy duty garbage bags

Cooking

- Plate, Bowl, Utensils (Lexan)
- Camp Stove
- Fuel (Canisters can be bought locally)
- Pots

Sun Protection

- Sunscreen and SPF Lip Balm
- Sunglasses
- Sun Hat
- Bandana or Buff

Clothing

- Wicking T Shirt
- Wicking Underwear
- Quick-Dry Pants and/or Shorts (Zip Offs a good option)
- Synthetic Long Sleeve Shirt (Sun and Bugs)
- Wicking Long Underwear Top and Bottom (good for sleeping)
- Warm Midlayer (Fleece)
- Mid Weight Outer Layer (Down Puffy)
- Rain Gear (Top and Bottoms) preferably breathable
- Synthetic or Wool socks X2
- Warm hat
- Gloves or mittens

Footwear

- Hiking Boots
- Sandals for river foraging
- Light comfy shoes for camp (ie Sanuks)

Personal Items - *Leave Trip Itinerary with Friend

- Toilet Paper
- Sanitary Wipes
- Hand Sanitizer
- Insect Repellent
- Mosquito Headnet (site dependent see FAQ's)
- Toiletry Kit
 - Toothbrush/paste
 - Bio Soap
 - Deodorant
- Quick Dry Towel
- Cel Phone
- Identification
- Notebook/Journal - Pen
- Camera – Memory Cards
- Ziplocks for waterproofing

Optional Items

- Musical Instrument
- Sacred or ritual object for Altar

NB: Important – Water: For **Death Valley**, CA, **Chama River** Wilderness, NM, and **Valley of the Gods**, Utah Vision Quests; water for the solo is not available in the wilderness. Therefore, please prepare ahead of time by purchasing 3-4 gallon containers of water for your solo (water can also be purchased in the town where we meet prior to the quest). Also bring a Nalgene or other refillable container for your time in camp. Water filtration or purification tabs are not required for these quests.

** Rentals are available for these items for any Vermont based Quests. Please enquire via contact us as quantities are limited.