

Christian Men's Mountain Weekend: Personal Clothing and Gear

Reading: You might want to pick up and read one (or several) of the following before coming. Then mark up a few pages and bring it along to share with us what you are learning.

- *Wild at Heart*. John Eldredge
- *Life Passages for Men*. E. James Wilder, Servant Publ., 1993.
- *The Measure of a Man*. Jerold Lee Shapiro, A Perigree Book, 1993.
- *King, Warrior, Magician, Lover*. Robert Moore and Douglas Gillette, Harper-Collins, 1990.
- *Man Enough*. Frank Pittman, G.P. Putnam's Sons, 1993.
- *Knights Without Armor*. Aaron Kipnis, Jeremy P. Tarcher, Inc., 1991.
- *Iron John*. Robert Bly, Addison-Wesley Publ. Co., 1990.
- *Point Man*. Steve Farrar, Multnoma Press, 1990.
- *The Man in the Mirror*. Patrick Morley, Wolgemuth and Hyatt Publ., 1989.

Clothing: check www.weather.com for *Timberville VA* for the weekend before packing

Clothing for outdoor activity (mix: t-shirts and shorts, but also some long pants and long sleeves); for caving an outer layer *that can get muddy* is ideal; this can be uninsulated coveralls, sweatpants and hoodie, etc.

Clothing for *warmth* (Under Armor, fleece vest or jacket, sweatshirt, etc.)

Clothing for *rain* (Gortex jacket, poncho, rain pants, etc.)

Hiking footwear

Hat (sun, rain), bandanas

Wash cloth and towel(s)

Gear

Water bottles or Camelback (2 qts. minimum)

Sleeping bag and sleeping pad

Hiking daypack

Toilet kit (including sunblock, etc.)

Small bible, notebook, and pens/pencils

Optional: Camera and film, binoculars, portable musical instrument (harmonica, guitar), sunglasses, elastic security band for glasses, prescription meds (if applicable),

Leave at home: Cell phone, laptop, iPod, CD or MP3 players, BlackBerries and PDA's, fixed blade knives or other weapons, unnecessary jewelry, non-prescription drugs, tobacco products, alcohol, fireworks, work-related reading material, ego

Equipment: *WILD GUYde Adventures* provides all specialized activity instruction and gear (caving helmets, ropes and harnesses, etc.). A personal clothing/equipment list will be supplied upon registration.