

# Vision Quest

In the Ojito Wilderness



## EQUIPMENT LIST

### FOR BASECAMP:

Tent

Sleeping Bag

Sleeping Mat

Camp Stove (can be shared)

Pots, frying pan, cooking utensils (can be shared)

Bucket, sponge for washing dishes (can be shared)

Your own mug, spoon, and small bowl (unbreakable)

**Food for 4 days,**

(you can bring an ice chest for some fruits, veggies, cheese, avocados, hardboiled eggs, etc. Make sure you have some non-perishable food for the days *after* your fast.)

**A gallon of water per day: 8 GALLONS MINIMUM -**

**4 must be in 1 gallon jugs**

Camp chair for our councils

Large plastic bags for trash



## CLOTHING, ETC.

Long (hiking) pants  
Shorts  
Long-sleeved t-shirts  
T-shirts  
Sweater/Hoodie  
Good hiking boots and socks  
Extra socks and underwear  
Jacket  
Warm hat  
Rain jacket/poncho  
Sunhat  
Sunglasses  
Long underwear  
(it can be chilly at night)

## PERSONAL ITEMS:

**Sunscreen**  
Chapstick  
Medications  
Toothbrush, etc  
Toilet paper  
Handi-wipes  
Small towel  
\*\*Ladies; be prepared for your menstrual cycle to come early

## FOR SOLO:

Backpack  
8 x 10 waterproof tarp  
Approx. 50 feet Nylon rope  
Pocket knife  
Bandannas  
Lighter  
Ceremonial Items: rattle, drum, tobacco, crystals, cornmeal, medicine bundle, mesa, sage, \*safety\* candle, etc.  
Journal  
Art supplies, pens/pencils  
Flashlight or Headlamp + extra batteries  
Duct tape - to tape the bottoms of gallon water jugs  
Camera  
Day pack  
Electrolytes  
1 quart water canteen/Nalgene  
Basic emergency kit  
Small plastic bag for trash