

WELLNESS IN THE WILDERNESS

GO (WITH GOD) BAG

Check List

“Watch for the new thing I am going to do. It is happening already- you can see it now! I will make a road through the wilderness & give you streams of water there.” - Isaiah 43:19



Fire

- Waterproof matches
- Fire starter (lighter, ferro rod),
- Kindling (twine, rope, dryer lint, etc.)
- Petroleum Jelly (Vaseline)

Clothing

- Socks (synthetic or wool)
- Long-sleeve Shirts (moisture-wicking)
- Headscarf or Handkerchief
- Undergarments
- Pants (with pockets; quick dry)
- Rain Jacket (Water proof)
- Extra sneakers

Toiletries

- Sunscreen
- Personal Medication
- Insect repellent
- Liquid Soap
- Quick-Dry Towel/Washcloth
- Safety Pins

Shelter

- Tarp
- Sleeping Pad
- Tent
- Camp Pillow (optional)

Hydration

- Large water bottle (metal and plastic)
- Lifestraw or iodine tablets

First Aid

 Small first-aid kit

- Band-aids
- Alcohol or Hydrogen peroxide
- Surgical gloves
- Nail Clip

Light

- Headlight
- Spare batteries

Food

- Sardines, Crackers, Honey, Salt

Other Supplies

- Notebook
- Pocket Knife
- Sunglasses
- Light gloves or mittens
- Compass

