

## **Day Long EarthWays Program Equipment List**

### **Be prepared! Bring these things with you:**

- Your intention for your day on the land. This may not be fully formed until you stand at your beginning threshold.
- A small symbol or item to bring with you that represents your intention/vision. You can carry this as you wander the land, or create an altar with it (please bring it out with you at the end of your day if it is not degradable).
- 2 liters of water, at least. More if it's really hot.
- Sunscreen, sunglasses, hat for the sun.
- Good shoes/boots, and hiking socks (no sandals).
- Daypack that has room for all you are carrying.
- Whistle (for safety) and bandana (for just about anything!)
- Protein bar, bag of nuts or other emergency food.
- Small flashlight.
- Simple first aid items: band aids, antibiotic ointment, moleskin, ace bandage, etc.
- Small pocketknife.
- Space blanket (large enough to wrap up in like a burrito!).
- Layers of clothing so you are prepared for changeability in weather. Include warm hat.
- Toilet paper and a plastic bag that zips closed. Carry all used toilet paper out with you.
- Journal & pen to chronicle your day/experiences.
- Small blanket or mat if you want something to sit/lay on during your day.
- Watch; only use if absolutely necessary.
- Art materials or musical instrument if this calls to you. Remember you have to carry this daypack all day!
- Low camp chair or light cushion for story telling council. You'll carry this in to our "base camp" and leave it while you are out.
- A simple, small, light finger food to share at our snack potluck when you return from the day.

**EarthWays**  
**[admin@earthways.info](mailto:admin@earthways.info)**  
**[www.earthways.info](http://www.earthways.info)**