

Rain poncho - NOT water resistant - yes waterproof

cheap one ok but will turn into a sauna

Frogg Toggs
Gore-tex

SHOES - Running shoes will wear out 250-300 miles or earlier

- 2 pairs right now will wear out just before the walk, so will need 2 more pairs at end of June or early July.

Body Glide

"lace your running shoes" to see different techniques based on blisters

- ultra thin sanitary napkin w/dry weave lining - dispose at each rest stop
- use extra socks works like wicking as gloves if it's cool in the morning
- at lunch - take off shoes + socks, check for hot/red spots or blisters, wash feet w/ cold ice HzO! dry - body glide
- water bottle - wide mouth w/small spout to refill to drink
- sports drink - need to test - maybe only one kind available... maybe need to buy one
- OR - find drink powder + take w/me
- put tomorrow's clothes in ziplock bag in bottom of sleeping bag - clothes will be warm!
- chemical heat pack for sleeping bag at night - hot hands
- Melaynals core neck thing
- ziplock for wet rainponcho when rain stops
- prop feet up on something at night
- clips for inside tent to hang flashlight

Sleeping bag -

- o if lightweight (cotton or polyester filled) take twin flat sheet - safety pin to inside of bag so won't shift around
- o small blue down throw - can be bunched + put in ziplock?
- o don't plan to sleep w/mylar blanket (loud + crinkly)

~~sheet~~
~~pillow~~

Air Mattress

- o battery pump (take out or reverse when packed)
- o 2 twin air mattresses - will take up all tent space...
- o Coleman twin air mattress + Coleman pump + D batteries will also deflate
- o sleeping pad if bag is cushy
- o test for noise when moving on it

don't put tarp under the tent - if it rains it will drip off tent, pool in the tarp + still soak tent
- put tarp inside on floor of tent