



LongWalk Oklahoma Gear List

CLOTHING - Remember, this is an environment where you don't want to take out ANY CLOTHING that you expect to come back undamaged. This is where functionality, not fashion rules. Be inventive, old pajama pants, the sweat suit that you never again wanted, and the ugliest stuff in your closet- this is what to bring.

PANTS – For warm weather, shorts work. When the sun goes down, the temperature falls in the areas we camp, something warm to put on at night is a good idea. For cold weather, we suggest 3 layers- It is recommended to wear long underwear, sweat pants, and wind pant. Strongly recommend is a belt (sagging and backpacks could produce a painful fall on the trail). A pair of shorts or bathing suit are required in the event of a water crossing.

TOPS/SHIRTS – For warm weather, take 1 short sleeve and 1 long sleeve shirt. You should also bring something warm depending on how cold it might become. For cold weather, we suggest 3 layers- it is recommended to wear long underwear, hooded sweatshirt, and a coat.

SHOES - Something that can bear up to mud, boots or basketball shoes work best. In the event of a water crossing, or for around camp in the evenings, tennis shoes or sport sandals are required.

SOCKS - 3 - 4 pairs, if you choose to wear 2 pair at a time- make sure your footwear still fits.

UNDERWEAR – Highly recommended! Type and numbers at your discretion.

TOILETRIES - Toothbrush (we supply toothpaste), preapproved medications, deodorant/antiperspirant, etc.

LIP BALM – Is Recommended, such as Chapstick or Blistex.

OTHER - Any other items (Camera, Books, Medications, specialty foods, etc.) must be pre-approved by a LongWalk Oklahoma Representative.

WHAT WE PROVIDE - We provide all necessary items, including food, flashlights, raingear (ponchos), stocking caps, and gloves. You can bring your own gloves if desired.

IF IT'S NOT ON THIS LIST, PLEASE DO NOT BRING IT. THIS INCLUDES ALL ELECTRONICS (INCLUDING CELL PHONES), FLASHLIGHTS (WE PROVIDE), AND FOOD.

ANY ILLEGAL SUBSTANCE (INCLUDING ALCOHOL) OR ITEMS THAT COULD BE USED AS A WEAPON (INCLUDING ANY KNIFE) WILL RESULT IN CRIMINAL CHARGES BEING FILED IN THE COUNTY THAT WE ARE BACKPACKING.