

Gear

- Planed book or Bible, paper or notepad, and pens
- Tent - Simple and cheap, no big complicated monsters. (a \$29.00 Walmart dome tent works well for those under 6 feet tall)
- Ground cloth - Harbor Freight has them for less than four bucks
- Sleeping pad - you probably already have one
- Sleeping bag - appropriate for temperatures in your area
- Headlamp
- Water bag/container
- Camp chair - a must
- Pillow
- Fire-starter - campfire is critical for GOD Camping; make sure wood or fuel is available
- Small pot/tiny if hot water needed (Forget the big camp stove!)
- Stove suggestion: empty, tiny cat food can with holes punched in it; denatured alcohol (fuel); foil wind protection/pot topper (Google... super cat backpacking stove for more info)
- Utensils/dishes - plastic and paper so no dirty dishes (Dairy Queen tall blizzard spoons work good for eating freeze dried meals)
- Coffee cup
- Instant coffee - Starbucks VIA is best (comes in individual packets)
- Trash bags
- Paper towels & toilet paper
- Small bottle of hand cleaner
- Personals
- Day pack (EDC)
- A nighttime pee bottle (We hate getting out of a small tent in the middle of the night. An empty Gatorade bottle works well)
- Any other simple items

Meals

- Consider dehydrated meals
- Foil cooking on a fireworks well
- Meat, if desired - barbecue hand meat basket at Walmart, for less than \$10 (These are easy to flip and cook over a fire)
- Prepared canned or bagged dessert

- Oatmeal - pre-made and placed in a Ziploc freezer bag (Just add boiling water and eat.)
- Coffee
- Snacks
- Fast food lunch - you are headed back

Let us know what meals and equipment has worked well for your trips. Consider also fasting on one of these trips; If you do elect this, always keep safety in mind.

Again, the focus is on GOD and resting in Him