



Carpathian Mountain Outreach 2023

GEAR LIST

The following is a list of the items that you will need to have during CMO 2023. This is not a complete packing list. Basic clothing and toiletry items, as well as medications or other specialty items should be packed at your discretion. All items are required unless marked optional (^).

Backpacking

- Hiking backpack*
- Backpacking tent*
- Tent repair kit (may come with tent)
- Footprint*
- Sleeping bag*†
- Sleeping pad*†
- Backpacking stove*
- Personal first-aid kit*
- Headlamp*
- Pocket knife
- Rain jacket*
- Rain pants^
- Compression shorts*
- Waterproof hiking shoes*
- Water bottle*
- Microfiber towel*
- Mess kit*
- Eating utensils*
- Fleece/sweater
- Stocking cap

Clothing

Ministry

- Collared shirts
- Trail pants/Dickies/jeans*

Recreational

- T-shirts
- Jeans/trail pants*
- Shorts
- Athletic shoes

Other gear

- Daypack*
- Towel/wash cloth†
- Ukrainian Phrasebook*^

Electronics

- Smartphone*
- Laptop or tablet*^
- Smartphone battery pack*^
- Digital camera*^
- USB flash drive^

Please do not bring:

- ✗ Video-game consoles

* = Item is explained in further detail in the CMO 2023 Info Pack.

† = Item may be purchased in Ukraine to save packing space.

^ = Item is optional and may be packed at your discretion.