

# Outdoor DTS packing list

You will find the list with personal mandatory gear and a list with optional personal gear. The base will also provide several items for our outdoor activities which you can find at the end of this document. Specific camping/trekking trip packing lists will be provided during the lecture phase as needed.

An outreach specific packing list will be distributed before outreach. It will be based on the outreach location, outreach activities and environment/climate.

Please talk with the school leaders if you have any gear questions. Make sure that you buy the mandatory gear in your time of preparation and break it in well.

## General items for DTS

- Bath towel/washcloth
- One or two dressy outfits
- Bible/Journal
- Laptop/Tablet (optional)
- Personal medical supplies (band aids, pain medication, bug spray, sunscreen, etc.)
- Passport
- Immunization records (if you have them)
- Multiple ID photos for visa/student card purposes

\*Bedding is supplied during your time in St. Moritz, so you won't need to bring a pillow or bed sheets

\*\*You will be sharing a bedroom with 3-5 other roommates with limited storage space, so keep this in mind as well while you pack!

## Personal mandatory outdoor gear for lecture phase

Please feel free to ask us about gear that you want to buy so we can help, especially with your sleeping bag and rain gear. There are also examples provided for some items here - just click on the link to see our recommendations for some gear.

- Hiking boots and socks
- Camp shoes/sandals
- Running/workout shoes (can be the same pair as camp shoes)
- Base layer long underwear (top and bottom)
- A hiking "outfit" that is 100% cotton-free (tops, bottoms).
- Sleeping bag (with a lower limit rating of minimum 15 degrees F/ -9 degrees C) (Example, [The North Face](#) , [Decathlon](#))
- Sleeping pad (inflatable or foam)
- Backpacking backpack (properly fitted and broken in; approximately 4000-5500 cubic inches (or 60-85 liters) in volume) (Example: [male](#), [female](#))
- Day pack (25-35 liters or approximately 1700-2300 cubic inches)
- Pack cover for daypack
- Headlamp (This is a must for each participant, even if you're also bringing a flashlight)
- Water bottle(s) and/or hydration bladder (must have at least 2 quart/2 liter capacity)
- Personal eating set (large bowl/ plate, cup, fork, spoon, knife)
- Pack towel
- Ball cap/visor
- Wool/fleece hat
- Light wool/fleece gloves
- Sunglasses
- Wrist watch (can be very simple)
- Rain jacket with hood and rain pants (Examples: jacket [female](#) / [male](#), pants: [female](#) / [male](#))

## Outreach gear

- \*Swimwear
- Personal medical supplies (band aids, pain medication, bug spray, sunscreen, etc.)
- Women: modest clothing that you wouldn't mind getting dirty (loose fitting tops and pants, long skirts [below the knee, or ankle length if possible for some locations])
- Men: modest clothing you wouldn't mind getting dirty (dependent on location - loose pants, longer shorts [right above knee], loose shirts).
- Wrist Watch
- Men & Women: One or two nice outfits and shoes for Church.

\*Not absolutely necessary, but helpful in many outreach locations if you have these.

## Optional gear (that is highly recommended by past students and staff)

- Trekking poles
- Trail shoes or trail running shoes for day-hiking (separate from hiking boots, athletic shoes, camp shoes or sandals)
- If you have it already: climbing gear (harness, chalk bag, climbing shoes, helmet)
- Liner socks
- Stuff sacks
- Small pocket knife
- Camp pillow

## Provided gear by the YWAM St. Moritz base

- Tents for camping
- Cooking gear (stoves, pots)
- Climbing gear (harness, helmet, rope)