GROW RUCK STL PACKING LIST

Required Gear

- Rucksack (20L minimum suggested volume)
- 30lb weight (20lb weight if PAX weighs under 150lbs)
- 6L of water (combined total between hydration bladders and bottles). 3L needs to be fresh water without any drink mixes or additives.
- Headlamp w/red light capabilities & 1 full extra set of batteries
- Reflective bands attached to Rucksack
- Carabiner suitable for climbing
- Photo identification
- $20 in cash
- Face covering that is capable of covering mouth and nose simultaneously
- Work gloves

Optional Gear

- Electrolyte mix or tablets
- Windbreaker/poncho/rain layer
- Hat
- Dry bag/Ziploc/trash bag – highly recommended
- Food/snacks – highly recommended
- First Aid/Blister kit
- Extra socks/shirt
- Toilet Paper/Hand Sanitizer/Baby Wipes
- Duct Tape

Prohibited Items

- Phone
- Watch
- Garmin or other satellite enabled devices
- Other electronic devices