



Natural Pathfinder: Connecting Mind, Body & Spirit Through Nature

Vision Quest Checklist

1. Clothing – *preferably cotton - t-shirt, shorts, long pants and long sleeved shirt, wool hat, wool socks, warm but lightweight jacket and rain jacket/poncho with hood, wool sweater, & comfortable hiking shoes – variety is the key – dress for hot and cold -*
2. Comfortable Ground Mat (This can make all the difference – get a good one)
3. Sleeping Bag - Pillow
4. Groundsheet and Rain Tarp
5. Flashlight
6. Whistle
7. Sunscreen
8. Insect repellent – with tick protection!
9. Tweezers
10. Antiseptic pads
11. Toilet paper and paper bag
12. Nylon cord
13. Journal & Pen
14. Water - *I will also bring water – but please bring 1 gallon of your favorite water –*
15. Food - *I recommend that Vision Quest participants who are not fasting eat Phi food. I can order this for you. Please also bring some of your favorite food if you wish to eat light meals during your fast – fresh and dried fruit, nuts, freeze dried foods.*
16. Signal flag – *this can be a scarf – essentially a bright cloth that you can hang out if you wish to signal me to come to you*
17. Compass
18. Personal Items – *toothbrush, skin cream, comb – etc – up to you but keep to a minimum.*