

Upper Missouri Ministries

Venture Badlands Packing List



What to bring:

- Bible
- Water Bottle
- Rain gear
- Sleeping Bag
- Pillow
- Clothes for warm days and cool nights
- Good hiking shoes and socks
- Sweatshirt or light jacket
- Flashlight
- Bug spray
- Sunscreen
- Swim suit: *One piece for girls*
- Towel
- Typical Toiletries
- Backpack for hikes: *optional*
- Hat: *optional*
- Regular Medications
- Health Form: *If you did not complete the online version*

What to leave at home:

- Electronics (phones, music player, etc)
- Food/snacks (will be provided)
- Tent: will be supplied
- Bulky items such as air mattress, large pillows, etc
- Spaghetti-strap or cut-off shirts
- Weapons, drugs, tobacco, or alcohol