

## WHAT TO BRING — CHECKLIST

## GingerRoot Wild Food Rendezvous

### Encampment

- Tent (Our encampment is in one place for 4 days)
- Sleeping bag
- Mattress Pad
- Flashlight or head lamp
- Toiletries: Soap, tooth brush, floss, razor, etc
- Portable Alarm Clock
- 2 Towels
- Your favorite eating utensils, bowls, plates, mugs if you want to eat at your tent

### Food

GingerRoot provides breakfasts and dinners beginning Saturday breakfast, ending Monday breakfast. Beyond that, bring...

- Your own Friday Dinner (or eat in Hood River) before the program starts at 7pm.
- Sack Lunches for Saturday & Sunday
- Snack foods for 4 days you can carry with you or eat at your tent.
- Foods you feel you need if you have a special diet to adhere to. Not only for your personal meals, but wild meals we make in common. Part of some of the dishes we make will include conventional flour, sugar, eggs, milk, etc. If you cannot eat these items for health or philosophical reasons, bring alternatives for yourself. You can choose to incorporate the wild foods we gather into your own dishes, in parallel with us, that satisfy a raw lifestyle, veganism, etc.

### Field Trips

- \$8-\$10/person for car pooling contribution (depending on the current price for gas). This goes to drivers.
- Day Pack
- Hiking Gear
- Wide brimmed hat (protects you from hot sun) with bolo tie (helps anchor hat in high wind)
- Field worthy note pads & pencils
- Knife (preferably in a knife sheath)
- Scissors (preferably in a knife sheath)
- Water bottle
- Boots or old tennis shoes for swamp areas

### Optional

- A vehicle that can carry 5-8 people for group travel to various habitats.
- 2 or 3 of your favorite wild food books
- Sunscreen, insect repellent.
- Wild foods that you've previously prepared, are proud of making, and would like to share with the rest of us. Wild flours, jams, syrups, canned foods, pickles, nuts, beans, fruit leathers, wild jerkys, etc.

### Clothing - Bring 3 changes of cloths

- Prepare for temperatures usually ranging from 45-65 F at night to 55-85 F during the day.
- Encampment Clothing: Bring clothing for comfort.
- If you have sensitive skin, bring long pants and long sleeve shirts so you will not be cut by tall grass.
- For Forests: Bring rugged but layered cloths and hiking boots.
- Prepare for strong sun with a wide brimmed shade hat
- Rain is unlikely. Watch weather reports. The best rain hats: waterproof, wide brimmed, tie to the head.
- There are ticks in this area. Wearing white helps to see them.
- Bathing suit for the hot tub or swimming in the Hood River.