

Deep Nature Journeys Packing List / Recommendations

The intention and design of Deep Nature Journeys is to provide the opportunity to experience authentic communion with the wild. An Earth cherishing “rite of passage” allows one to experience the awe and wonder of our Natural world. Contemplative practices include mindfulness and moving meditation to quiet our minds and open our hearts to our own true nature. Participants report profound feelings of connection, presence, liberation and freedom from stress and anxiety. Many experience peace and tranquility beyond their imagination. The experience of alone time in the wilderness is a gift that lasts a lifetime.

This is not a deprivation-based program. This equipment list is designed to insure your basic human needs and comfort will be supported. Keep in mind, ***the less you pack the more awaits you***. You may be walking into your solo campsite less than a mile (*maximum*) from your starting point. In many locations the distance is **considerably less**. However, if necessary, you can make several trips to carry your stuff to your solo site.

Please understand this is a *comprehensive* list, it is **not necessary** to bring **all** of these items - the list is intended to stimulate your thinking and provide you with an extensive overview of what you may want to bring to support your comfort.

ESSENTIAL Items are highlighted in BOLD GREEN

Participants are responsible for transportation to and from the base camp and providing their own shelter, equipment, and water.

CONTACT: Bud Wilson (Bud@DeepNatureJourneys.com) 303-521-8461 if you have questions regarding the specifics of the program you are attending.

The following list of *suggested* items will support making your solo experience unfold smoothly. For domestic Deep Nature Journeys, please pack all items either in soft-sided duffle bags or backpacks, as hard-sided suitcases are not suitable for carrying gear to the solo sites.

What to Pack: Equipment /clothing / personal items - / items in *green* are bare minimum essential items

Pack loose, comfortable clothing suitable to the season, location and climate of the program you are attending. Please check with weather sources via, radio, TV or the internet, if you have any questions regarding climate. For cold weather & the Rocky Mountain Region, several layers of clothing can keep you warmer than one large item. At mountain & desert locations, remember the temperature range from daytime to nighttime can change by as much as 40- or 50-degrees Fahrenheit in a 24-hour period.

2 pair shorts/pants 2 comfortable shirts 1 short-sleeved, 1 long-sleeved, 1 swim suit (when hot springs, lakes, streams or the ocean is nearby), 1 change of warm clothing; night temperatures can fall below freezing in the Spring, Fall, and Winter, 1 light rain jacket or poncho, 1 wool or fleece hat (for cold weather), 1 pair cotton soled black Chinese slippers OR leather soled moccasins—these help you connect with Earth's energy, 1 pair of sturdy tennis or hiking shoes (best would use natural rubber for the soles, such as Mephisto), 1 broad-brimmed sun hat (with chin strap), sunglasses.

Camping Gear

A comfortable tent with rain-fly; 1 sleeping bag suitable for the season; 1 comfortable sleeping pad (ground pad) - For sites where rivers Or streams are available to your solo site: 1 water purification system: either a camp filter capable of removing Giardia, or purifying iodine tablets, such as the "Potable Aqua" brand, or both;

1 set of basic utensils—including cup, bowl, Swiss Army knife, fork, spoon and cleaning rag; (*required in bear country - BEAR PROOF FOOD CANISTER*) flashlight and batteries—or better, headlamp; 1 compass-if desired

For extended solos (more than 6 nights) 1 nylon rope for hanging food over tree limbs - 100 ft. long, 3/8" thick. - 1 set of pulleys, for hanging food in bear country,

Special note for Canyonlands programs: Dust and/or sandstorms can arise with very little advance warning. Bring a cloth bandana to moisten and use to protect your nose and mouth for breathing. It is recommended that you bring an all season tent (this means a tent that can close all surfaces that have mosquito netting)

For those attending Nature Quests in BEAR COUNTRY (Rocky Mountain Region & Southwestern U.S.):

For those concerned about bear protection: "Counter Assault" (Olerisin Capsaicin pepper spray) - heavy duty, and very effective. Also available at most camping stores is Pepper Guard Spray, although it is not as intense as Counter Assault. Pepper spray can be found at the following stores: REI, <http://www.rei.com> 800-426-4840, or Campmor, <http://www.campmor.com> 800-226-7667

General Equipment -

Many items on this list are optional, use your discretion and personal preferences - strongly recommended items are in green 1 loud whistle, (*The whistle is mandatory for safety purposes*), insect repellent, 1 solar shower, 1 towel 1 small spade or garden tool to bury feces, 1 cotton sheet for extra sun protection, plastic water jug(s), one gallon size, empty—*may be collapsible plastic* (be aware these are inexpensive and often leak) small garbage bags for trash. high UV blocking sunscreen minimum SPF 30 and sunglasses (especially for Baja and desert locations).

... Other Essentials for Base Camp and Solo time:

1 Journal for note taking during base camp training

1 notepad, with zip lock bag to leave message at checkpoint only *if necessary*, **pencil or ball point pen** (for note taking) - natural musical instruments (optional), such as flute or rattle. Drums may also be brought, although they are not for use while out on solo, as this could disturb other Nature Questers. They are, however, welcome for use during the Preparation Training and re-entry periods.

Offering Substances

Your choice: Native organic tobacco, cornmeal, sweet grass, sage, copal, cedar, rice OR incense are traditional choices.

During your solo time in Nature, we strongly discourage any reading material, radios, art supplies, cameras or journals, and especially weapons of any kind. Of course, cell phones are also not appropriate for solo time. The sun will keep time for you, so leave mobile devices & watches behind. To take time to really commune with Nature and feel the aloneness—All Oneness—it is best to leave all means of distraction behind. Upon re- entry, you will have plenty of opportunity to create your process with clarity and inner peace. Journal writing is encouraged before and after the solo (not during your alone time - it is a huge distraction from being present).

FOOD & WATER

Be certain to have sufficient water containers for a minimum of 1 gallon per day during your solo time. Food will be provided for base camp and your solo experience. You may wish to supplement the provided food with personal preferences for snacks.

CLEANSING & DIETARY GUIDELINES

We suggest you begin the following preparations with as much lead time (at least 2 weeks) in advance to help your body, energy, emotions, mind and spirit clear for what you are about to experience.

Stimulants tend to act as a barrier to the unification of inner and outer nature, **we recommend you abstain from non-prescription drugs, coffee, black teas (caffeine) and cigarettes (nicotine)**. This is a good way to help cleanse your system and develop sensitivity. As you gradually ease into this purification process, this is an excellent time to partake in sweats, saunas and natural hot springs soaks to further the process of authentic relaxation. Highly processed and “fast foods” should be eliminated from your diet.

Drugs of any nature (including alcohol and tobacco) are to be avoided. Only drug medications prescribed by a doctor are allowed, it is essential that you inform your guide what substances have been prescribed on your medical forms. If this is the case, check with your doctor to be sure doing a Training Intensive and wilderness experience is a wise choice for you at this time.

Meals will be provided for your wilderness experience. Carefully selected, nutrient dense foods are chosen to optimize your nutritional needs as well as to purify your body and calm your mind. They are fresh, organic, primarily vegetarian foods. Recommended foods which are more balanced and appropriate for daily consumption include whole grains, beans, vegetables, seeds, sprouts, nuts and fruits. This will enable your body to cope with any spiritual openings that may occur during your Deep Nature Journey.

ADVANCE PREPARATION

Start introducing yourself to Nature by spending time each day walking, sitting or exploring within natural environments. This is an excellent time to practice spiritual disciplines outdoors, such as outdoor ceremony, sacred drumming, heartfelt prayer, Qi Gong, Tai Chi, the various yogas, Zazen, TM, or any personal meditation. If you use affirmations, use them in natural settings, and start your attunement with Nature prior to your Nature Quest. If possible, spend some time alone in Nature, establishing deeper inner and outer connectedness.

These guidelines, when practiced, will enrich your experience. You are about to experience a rare gift to yourself as you join a rare group of modern humans who have chosen to step across the threshold of routine living and surrender to “nature’s embrace”.