

POMR

PATH OF MOST RESISTANCE

GEAR/CLOTHING LIST

Clothing List:

BDU Top, Bottom and belt (surplus store)
1 Stenciled T shirt (white Hanes labeled; further instructions to follow)
1-2 Running shoes/trail shoes/hiking shoes for running
Hoody
3 pair of socks
3 pair of boxers
1-2 athletic/training/running shorts

Gear List:

Backpack (labeled; further instructions to follow)
2 large water bottles (labeled; further instructions to follow)
Electrolyte powder/canister (ex.. gatorade, Powerade, Vitalyte, etc)
Tent
Large blanket
Flashlight
Toothbrush, toothpaste, floss
Matches
Notebook with 2 writing utensils
Meals (will be provided)
Sunscreen
Bug spray
Bath towel and wash cloth
Handkerchief

Optional Gear:

1-2 Compression Shorts
Sleeping bag
Pillow
Ball cap
Leatherman/pocket knife
Small tripod camping stool
Headlamp
Rain gear (or cheap poncho)
Lighter
50 ft. Rope or 550 Cord
Duct tape
Snacks

**Any additional gear must be approved prior to the course