

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
- Roll of toilet paper
- 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
- Field worthy note pads & pencils
- Knife (preferably in a knife sheath)
- Scissors (preferably in a knife sheath)
- Water bottle
- Boots 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
- Recycle/bring an old cleaned out 2 liter plastic bottle with cap - for cattail pollen collection.
- 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.
- 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.