

# Equipment for the Ordeal

Candidates will need to arrive at the Ordeal in their Field Uniform (Class A) with the following equipment, prepared to spend the first night under the stars:

1. **Medical Form:** We require the "Are You Going to Camp?" medical form with a completed [Part C: Pre-Participation Physical](#) section. All medical forms can be found on the [Annual Health and Medical Record](#) website.
2. **Field and Activity Uniform**
3. **Work Clothes:** jeans, long sleeve shirt, boots, work gloves, hat, etc.
4. **Sleeping Bag, Ground Cloth & Foam Pad:** Candidates will sleep under the stars Friday night.
5. **Backpack:** Candidates will need to carry all their gear in a backpacking pack except for their tent if attending a three-day Ordeal.
6. **Tent:** A tent is not required for two-day Ordeals since Candidates depart Saturday night. Candidates may want to bring a tent for Saturday night if they are attending a three-day Ordeal.
7. **Insect Repellent**
8. **Sunscreen**
9. **Flashlight**
10. **Rain Gear**
11. **Water Bottle:** Candidates need to drink plenty of water to stay hydrated. Water will be supplied at all work locations.
12. **Personal Hygiene Items:** soap, towel, shampoo, toothbrush/toothpaste, etc.
13. **Cell Phones:** We understand the desire to stay in contact with Candidates, but one of the challenges of the Ordeal is to participate in contemplative silence. Cell phones, if carried, need to be turned off for the event. No other personal electronics are permitted.

**Health and Safety:** Work clothes, consisting of long sleeve shirts, long pants, boots, gloves and a hat, are required for participation in the service projects. Service projects will include brush clearing and camp clean-up (and may include painting).

**Poison Ivy:** Several locations have poison ivy or thorns. This is another reason we require long pants and long shirts. Wash your hands frequently.

Candidates should eat a hearty meal **before** arriving at the Ordeal. Candidates won't be fed Friday night.

Candidates should **not** bring food unless it is part of a **medically prescribed diet** detailed on the medical form. Special foods and medications will be turned over to the Ordeal Adviser for distribution. Please notify the Ordeal Staff about required medication, medical conditions and dietary restrictions before the Ordeal.

Directions to camps can be found in our "[Where to Go Camping Guide](#)".