

# IMPORTANT INFORMATION FOR PROJECT MARJ PARTICIPANTS

---

## PRE-PROGRAM CONDITIONING

While Project Marj requires individuals to reach beyond self-imposed limits, all activities are within the capability of the average healthy person. Previous outdoor experience is not necessary and required skills are taught as part of the program. Nevertheless, we strongly encourage you to begin preparing for the program immediately by running at least one mile or walking at least three miles per day.

## EQUIPMENT

The University will provide sleeping bags, backpacks and other specialized equipment. (You may of course use your own sleeping bag and backpack if you wish.) You will need to provide the personal items listed below. It is not necessary for you to purchase a lot of expensive equipment; many items listed below, you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. If you would like advice on equipment substitutions, please give us a call. Our major concern is that all participants have appropriate equipment for a safe and comfortable experience.

### Essentials

- One pair of medium weight hiking shoes or boots \*
- Medications (for allergies, stings, etc.) You must inform us if you take medication.
- Sunblock (high SPF rating) & sunglasses (recommended)
- Extra pair of glasses or contact lenses (if you wear them)
- One pair of athletic shoes with a substantial sole for running
- One large backpack or duffel to carry your belongings
- One small day pack

### Clothing

- Three pairs of socks; polyester or wool/polyester blend (NO COTTON!)
- One hooded rain parka or poncho
- One wind-resistant jacket
- One light sweater, wool or fleece
- One light or medium weight, long-sleeved polypropylene shirt (NO COTTON!)
- One pair of polypropylene long-johns (NO COTTON!)
- Two or three sets of underwear
- Three T-shirts, polypropylene preferred, cotton acceptable
- Two pairs of shorts; nylon or nylon/cotton blend recommended
- One pair of loose-fitting pants (jeans, tight-fitting pants, or Capri pants are unsuitable)

### Personal Equipment

- Three one-quart, wide-mouthed water bottles (e.g., Nalgene brand)

- One plastic bowl (16oz. Nalgene bowl recommended)
- One plastic drinking cup; insulated mug recommended
- One Lexan spoon (NOT PLASTIC)
- Matches/lighter
- One ballpoint pen
- Two or three bandannas
- One small towel
- One toothbrush
- One flashlight with new batteries, spare batteries, and a spare bulb

### Recommended, But Not Required

- Camera and film
  - Sun glasses
  - Bug Spray (NO AEROSOLE)
  - Hat
  - Camp Sandals (ex. Tevas)
- 

- Medium weight hiking boots are essential for this course. Vibram soles are preferred, but any sturdy, lugged sole will do. They should be reinforced to protect the foot against bruising. To minimize the possibility of blisters, we recommend a break-in period of 30-50 miles for new boots.
  
- Please leave jewelry, watches, portable radios/tape players, cell phones, and other nonessentials at home.

**These requirements are for the safety and comfort of participants. Project Marj reserves the right to refuse involvement in the program to anyone not properly equipped.**

**Alcohol, tobacco, and unnecessary drugs  
will not be tolerated on Project Marj!  
If you have such items, do not bring them.**