

# Trekker Tetons Packing List

**Participants in Trekker Trips should pack in a large duffel bag or backpack.** The items on this list cover everything that will be needed for all components of your program. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

## **All Trekker Teton Participants Should Pack:**

Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)

### **Why? This is in line with our infectious disease protocol**

Hiking Boots or shoes

-You will wear these for most of the time you are at camp. They must be comfortable and sturdy. **Wear them a lot before camp so that they will be broken in**

Sleeping Bag & Stuff Sack

-Synthetic & rated to 20 or 30 degrees \*must stuff to a small size that can be easily carried

Sleeping pad (CCO can supply one)

Long Underwear top and bottom

-**No cotton.** It will **not** keep you warm when wet. Polypropylene is the best fabric for warmth and comfort

60-75L frame backpack (CCO can supply one)

1 Day pack

-This should be a school book size backpack; It should be large enough to hold rain gear, extra clothes, sunscreen, water bottle, and lunch for day hikes

2 Water bottles (**32 oz. Nalgene bottles are best**)

1 rain poncho or rain jacket/pants combination (**highly recommended**)

- If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on

1 fleece jacket

2-3 synthetic or wicking t-shirts

1 light weight fleece shirt/jacket or wool sweater

Warm winter hat

1-2 pair sweatpants or fleece pants

Baseball hat

2-3 pairs long pants (hiking, jeans, etc.)

Swimming suit

2-3 pair shorts

2 Bandanas

1 pair tennis shoes

Towel & wash cloth

3-4 pair thick hiking socks

Small flashlight or headlamp, extra batteries

3 pairs cotton socks (for in camp)

Sunscreen, Chapstick, insect repellent

6-10 pairs underwear (personal preference)

Toiletries (toothbrush/paste, etc.)

2-3 long sleeve shirts

Lightweight gloves

4 t-shirts (no sleeveless, tube or tank tops)

Sunglasses with a retainer strap; retainer strap for eyeglasses

## **Optional Items:**

Camera (inexpensive, labeled with name)

Gaiters for hiking

Small pillow (airplane size)

"Crazy Creek" / camp chair

Paper, pen, envelopes, and stamps

Hiking poles

Journal/book/musical instrument

Backpack rain cover

## **DO NOT BRING:**

- Drugs, alcohol or tobacco *\*Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home early, without refund, at the parent's expense*
- Knives or guns
- Expensive items that are not required for the trip
- Cell Phones (**except campers arriving by plane**), tablets, iPads, smart watches, or other electronics  
\*items will be stored in CCO office during your session
- Spending money (**except campers arriving by plane**)