

Wilderness Leadership (WIL) Packing List

Participants in Leadership Programs 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 in a secure location, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

All WIL Participants Should Pack:

- Hiking Boots
 - 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 degrees & must stuff to a small size that can be easily carried
- Long Underwear top and bottom
 - Do not bring cotton!** It will **not** keep you warm when wet. Polypropylene is the best fabric for warmth and comfort. This applies to all items that will be used during the 14 days of backpacking
- 1 Day pack
 - WIL participants will not use their day pack for the majority of the trip. Instead, they will use a frame back pack (60-75 liters) for their 14 days of backpacking. (See "optional items" below)
- 2 Water bottles (**32 oz. or 48 oz. Nalgene bottles are best**)
- 1 rain poncho or rain jacket/pants combination (jacket/pants combination recommended)
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a pack on..
- 1 fleece jacket
- 1 pair sweatpants or fleece pants
- 2-3 pairs shorts
- 3-4 pair thick hiking socks
- 2 long sleeve shirts
- 2-3 t-shirts (no sleeveless, tube or tank tops)
- Winter stocking cap
- Swimming suit
- Towel & wash cloth
- Sunscreen, chapstick,
- Lightweight gloves
- 1 light weight fleece shirt/jacket or wool sweater
- 2-3 pairs long pants (jeans, etc.)
- 1 pair in-camp shoes (for when not hiking)
- 6-10 pairs underwear (personal preference)
- 3 synthetic or wicking t-shirts
- Baseball hat
- 2 Bandanas
- Small flashlight or headlamp, extra batteries
- Toiletries (toothbrush/paste, etc.)
- Sunglasses with a retainer strap

Optional Items:

- Camera (inexpensive labeled with name)
- Paper, envelopes, and stamps
- Your own frame backpack **HIGHLY RECOMMENDED**
- Gaiters for hiking
- Hiking poles
- Small pillow (airplane size)
- Journal/book/musical instrument
- Your own sleeping pad **HIGHLY RECOMMENDED**
- Crazy Creek Chair
- Backpack rain cover

CCO can supply a frame backpack and sleeping pad if needed

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*)
- guns
- Expensive items that are not required for the trip
- Radios, cell phones, mp3 Players, cd's, or electronic games
- Spending money (**except campers arriving by plane**)