

ADVENTURE CLIMBING PACKING LIST

Participants in Adventure Camps 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 ADVENTURE CLIMBING 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
- Tennis shoes/shoes good for climbing (campers may bring their own climbing shoes if they want)
 - 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 (CCO can supply one)
 - Synthetic & rated 20 to 30 degrees, no cotton!
- Sleeping pad
- 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
- 2 water bottles (32 oz. Nalgene bottles are best)
- 1 fleece jacket or wool sweater
- 1 pair sweatpants or fleece pants
- 2 pairs long pants (hiking, jeans, etc.)
- 2 pairs shorts
- 3 pairs thick hiking socks
- 3 pairs regular socks
- 1 rain poncho or rain jacket/pants combination
- 6 pairs underwear
- 2 long sleeve shirts
- 1 long underwear and top
- 4 t-shirts (no sleeveless, tube or tank tops; wicking/quick dry preferred)
- Shorts/pants good for climbing/mobility that can breath.

Optional Items:

- Camera (inexpensive labeled with name)
- Paper, envelopes, and stamps
- Journal/book/musical instrument
- "Crazy Creek" or small camp chair
- Small pillow (airplane size)
- 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/guardian's expense)
- Knives, guns, or any weapons
- Expensive items
- Personal sports equipment/gear
- Cell phones, tablets, smart watches, or other electronics (except for campers arriving by plane)

*Items will be stored in CCO office during your session • Spending money (except campers arriving by plane)