

ADVENTURE BACKPACKING 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 BACKPACKING 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 (CCO can supply one)
 - 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
- ☐ 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
- ☐ 60-75L frame backpack (CCO can supply one)
- ☐ 1 rain poncho or rain jacket/pants combination
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on
- ☐ 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
- ☐ 1 pair tennis shoes
- ☐ 3 pairs thick hiking socks
- ☐ 3 pairs regular socks
- ☐ 6 pairs underwear
- ☐ 2 long sleeve shirts
- ☐ 4 t-shirts (no sleeveless, tube or tank tops; wicking/quick dry preferred)
- ☐ 2 Bandanas
- ☐ Warm winter hat
- ☐ Baseball hat
- ☐ Swimming suit
- ☐ Towel & wash cloth
- ☐ Small flashlight or headlamp, extra batteries
- ☐ Sunscreen, Chapstick, insect repellent
- ☐ Toiletries (toothbrush/paste, etc.)
- ☐ Lightweight gloves
- ☐ Sunglasses with a retainer strap; retainer strap for eyeglasses

Optional Items:

- ☐ Camera (inexpensive labeled with name)
- ☐ Paper, envelopes, and stamps; journal/book/musical instrument
- ☐ Frame backpack at least 65-70L (CCO Can supply one)
- ☐ Backpack rain cover
- ☐ "Crazy Creek" or small camp chair
- ☐ Small pillow (airplane size)

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**)
- Food, candy, gum, soda, and snacks