

# EXPEDITION LEADERSHIP (EL) 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, so please keep excess to a minimum.

Please mark all of your belongings with your first and last name.

## ALL EL PARTICIPANTS SHOULD PACK:

- |  |   |
|--|---|
| <input type="checkbox"/> Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)<br>- <b>Why? This is in line with our infectious disease protocol</b>        |   |
| <input type="checkbox"/> Hiking boots or shoes<br>- You will wear these for most of the time you are at camp. They must be comfortable and sturdy. <b>Wear them a lot before camp so that they will be broken in.</b>  |   |
| <input type="checkbox"/> Sleeping pad (CCO can supply one)   |   |
| <input type="checkbox"/> Sleeping bag & stuff sack<br>- Synthetic & rated to 20 or 30 degrees *must stuff to a small size that can be easily carried   |   |
| <input type="checkbox"/> Long underwear top and bottom<br>- <b>No cotton!</b> It will <b>not</b> keep you warm when wet. Polypropylene is the best fabric for warmth and comfort                                       |   |
| <input type="checkbox"/> 60-75L frame backpack (CCO can supply one)  |   |
| <input type="checkbox"/> 1 Day pack<br>- This should be a school book size backpack<br>- It should be large enough to hold rain gear, extra clothes, sunscreen, water bottle, and lunch                                |   |
| <input type="checkbox"/> 1 rain poncho or rain jacket/pants combination ( <b>highly recommended</b> )<br>- If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on |   |
| <input type="checkbox"/> Sandals with heel strap or old gym shoes <b>NO flip flops</b><br>- These will be worn in boat while rafting every day and will get wet  |   |
| <input type="checkbox"/> 2 water bottles ( <b>32 oz. Nalgene bottles are best</b> )  | <input type="checkbox"/> Flashlight or headlamp, extra batteries                          |
| <input type="checkbox"/> 1 fleece jacket   | <input type="checkbox"/> 1 lightweight fleece shirt/jacket or wool sweater                |
| <input type="checkbox"/> 1-2 pairs sweatpants or fleece pants  | <input type="checkbox"/> 2-3 pairs long pants (jeans, hiking, etc.)                       |
| <input type="checkbox"/> 2-3 pairs shorts  | <input type="checkbox"/> 1 pair in-camp shoes (for when not hiking)                       |
| <input type="checkbox"/> 3-6 pairs thick hiking socks  | <input type="checkbox"/> 4-5 pairs regular socks (for in camp)                            |
| <input type="checkbox"/> 6-10 pairs underwear (personal preference)  | <input type="checkbox"/> 2 long sleeve shirts   |
| <input type="checkbox"/> 2-3 t-shirts (no sleeveless, tube or tank tops)   | <input type="checkbox"/> 3 synthetic or wicking t-shirts                                  |
| <input type="checkbox"/> Warm winter hat   | <input type="checkbox"/> Baseball hat   |
| <input type="checkbox"/> Swimming suit   | <input type="checkbox"/> 1-2 bandanas   |
| <input type="checkbox"/> Towel & wash cloth  | <input type="checkbox"/> Lightweight gloves   |
| <input type="checkbox"/> Toiletries (toothbrush/paste, etc.)   | <input type="checkbox"/> Sunscreen, chapstick, insect repellent                           |
|  | <input type="checkbox"/> Sunglasses with a retainer strap; retainer strap for eye glasses |

### 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)
- ☐ Gaiters for hiking
- ☐ Backpack rain cover
- ☐ Hiking poles

## 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 that are not required for the trip
- 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 for campers arriving by plane**)