

## **Trekker Ruins 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 CCO during your trip, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

### **All Trekker Ruins 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**

Sandals or water shoes

- Gila NF consists of several water crossings, so having strong, water-based shoes is necessary. NO flip flops, crocs, or shoes without a heel strap.

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

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. 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 light weight fleece shirt/jacket or wool sweater

Baseball hat

Swimming suit

2 Bandanas

Towel & wash cloth

Small flashlight or headlamp, extra batteries

Sunscreen, Chapstick, insect repellent

Toiletries (toothbrush/paste, etc.)

Sunglasses with a retainer strap; retainer strap for eyeglasses

1-2 pair sweatpants or fleece pants

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

2-3 pair shorts

1 pair tennis shoes

5-6 pair thick hiking socks

3 pairs cotton socks (for in camp)

6-10 pairs underwear (personal preference)

2-3 long sleeve shirts

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

2-3 synthetic or wicking t-shirts

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#### **Optional Items:**

Camera (inexpensive, labeled with name)

"Crazy Creek" or small camp chair

Small pillow (airplane size)

Hiking poles

Paper, pen, envelopes, and stamps

Backpack rain cover

Journal/book/musical instrument

Spending money

Basic wrist watch

Gaiters for hiking

#### **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 or guns
- Expensive items that are not required for the trip
- Cell Phones (**except campers arriving by plane**), tablets, smart watches, or other electronics \*items will be stored in CCO office during your session