

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:

- 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 or 30 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.
- 1 Day pack
 - This should be a school book size backpack
 - It should be large enough to hold rain gear, extra clothes, sunblock, water bottle, and lunch
- 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 pack 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 (jeans, etc.)
- 2 pairs shorts
- 1 pair tennis shoes
- 3 pair 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)
- Winter stocking cap
- Baseball hat
- Swimming suit
- Towel & wash cloth
- Small flashlight or headlamp
- Sunscreen, chapstick, insect repellent
- Toiletries (toothbrush/paste, etc.)
- Lightweight gloves
- Sunglasses with a retainer strap; retainer strap for eyeglasses

Optional Items:

- Camera (inexpensive)
- Paper, envelopes, and stamps; journal/book/musical instrument
- Frame backpack (CCO can supply one)
- Sleeping Pad (CCO can supply one)
- Crazy Creek camp chair
- Small pillow (airplane size)
- Backpack rain cover

DO NOT BRING the following items:

- 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 immediately at the parent/guardian expense.*
- Knives or guns
- Expensive items not required for the trip
- Radios, cell phones, mp3 Players, iPods, or electronic games
- Spending money (except campers arriving by plane)