

Trekker Sioux Packing List

Participants in the Trekker Sioux trip 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 Trekker Participants Should Pack:

- 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
- 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
- 2 Water bottles (**32 oz. Nalgene bottles are best**)
- 1 rain poncho or rain jacket/pants combination
- 1 fleece jacket or wool sweater
- 2-3 pairs long pants (jeans, etc.)
- 1 pair tennis shoes
- 6-10 pairs underwear
- 4 t-shirts (no sleeveless, tube or tank tops)
- Baseball hat
- Towel & wash cloth
- Small flashlight or headlamp
- Toiletries (toothbrush/paste etc.)
- Sunglasses
- Hiking boots or sturdy shoes to hike in (**broken in!**)
- Flip flops/sandals
- 3-4 tank tops (for Camp Surf)
- 1-2 pair sweatpants or fleece pants
- 4-5 pairs shorts
- 5-6 pairs socks
- 2-3 long sleeve shirts
- Winter stocking cap
- 1 Swim suit
- Lightweight gloves
- Sunscreen, chapstick, insect repellent

Optional Items:

- Camera (inexpensive, disposable one, labeled with name)
- Paper, envelopes, and stamps; journal/book/musical instrument
- Sleeping pad (CCO can supply one)
- Crazy Creek Chair
- Small pillow (airplane size)
- Long-sleeved lightweight rash guard shirt
- Spending money for road trip (small bills)

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's expense.*
- Knives or guns
- Expensive items
- Radios, cell phones, mp3 Players, iPods, cd's, or electronic games