

Hike to Climb Trekker 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 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:

- 1 Mask for each day (disposable or washable)
- 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
- 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, sunblock, water bottle, and lunch
- 2 Water bottles (**32 oz. Nalgene bottles are best**)
- 1 rain poncho or rain jacket/pants combination (jacket/pants combination recommended)
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a pack on.
- 1 fleece jacket
- 1 light weight fleece shirt/jacket or wool sweater
- 1-2 pair sweatpants or fleece pants
- 2-3 pairs long pants (hiking, jeans, etc.)
- 2-3 pairs shorts
- 1 pair tennis shoes
- 3-4 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
- Warm winter hat
- Baseball hat
- 2 Bandanas
- 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)
- Small pillow (airplane size)
- Paper, envelopes, and stamps
- Journal/book/musical instrument
- Your own frame backpack (CCO can supply one)
- Gaiters for hiking
- "Crazy Creek" Chair
- Hiking poles
- Backpack rain cover

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 that are not required for the trip
- Radios, cell Phones (**except campers arriving by plane**), tablets, iPads, smart watches, or other electronics
- Spending money (**except campers arriving by plane**)