

Surf 'N Turf Packing List

Participants in Surf 'N Turf 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 or sturdy shoes to hike in
 - 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
 - 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
- 1-2 pair sweatpants or fleece pants
- 2-3 pairs long pants (hiking, jeans, etc.)
- 4-5 pairs shorts
- 1 pair tennis shoes
- 5-6 pairs socks
- 6-10 pairs underwear
- 2-3 long sleeve shirts
- 4 t-shirts (no sleeveless, tube or tank tops)
- Warm winter hat
- Baseball hat
- 1-2 Swim suits
- 2 Bandanas
- Towel & wash cloth
- Lightweight gloves
- Small flashlight or headlamp
- Sunscreen, chapstick, insect repellent
- Toiletries (toothbrush/paste etc.)
- Sunglasses
- Teva style sandals

Optional Items:

- Camera (inexpensive, disposable one, labeled with name)
- Paper, envelopes, and stamps; journal/book/musical instrument
- "Crazy Creek" Chair
- Small pillow (airplane size)
- 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 that are not required for the trip
- Radios, cell Phones (**except campers arriving by plane**), tablets, iPads, smart watches, or other electronics