



4 Night Backpacking Packing List

Each camper needs a backpack large enough to hold all of their own equipment plus a portion of the group's supplies. Camp has a limited supply backpacks to borrow if needed.

Please come to camp wearing hiking boots (well-worn in and comfortable), long socks, long pants (not jeans), T-shirt and a hat with brim. Comfortable, sturdy sneakers are an acceptable substitute for hiking boots if necessary (absolutely no flip-flops or sandals).

Also remember to bring your first day's lunch.

Please bring a swimsuit and towel to be left at camp for post-trip swimming.

Clothing to pack:

- 4 pairs of long socks (*wool or synthetic*)
- 1 or 2 pairs of shorts
- 1 light-weight, long-sleeved shirt
- 2 T-shirts
- 1 wool sweater or fleece pullover (*preferably not a sweatshirt*)
- 4 pair of underpants
- Rain gear (*poncho or coat*)
- 2 bandannas (*serves many purposes!*)
- 1 pair of long underwear (*top and bottom*)
- Clothes for sleeping

A note about items on this list: although some of these items may seem extraneous (e.g., wool sweater, long underwear) they can often make a trip more comfortable, safe, and enjoyable. The slight addition of weight and space from these items can be well worth including them. Remember, hot days can easily become cool nights. Synthetic materials are much better than cotton, as they dry quickly and retain body heat. Also, light-colored clothes attract fewer insects than dark-colored items.

Eating utensils to pack:

- 3 (THREE) One-liter bottles of water** (*no glass! Water is for drinking and cooking*)
- 1 Bowl - Plastic or lightweight metal (*bowls are universal, plates are unnecessary*)
- 1 Spoon and 1 Fork (*No knives!*)
- 1 travel mug with a handle (*lid not necessary - not ceramic*)

Personal items to pack:

- Sleeping bag (*able to fit into a pillow case when rolled up or compressed*)
- Sleeping pad (*foam insulate or similar type pad, can be found at dept. stores*)
- Toothbrush & Toothpaste
- Comb or hair brush

- Washcloth
- Flashlight with fresh batteries
- 1 Whistle
- 2 Large, heavy duty garbage bags (*for covering gear overnight*)

Optional extras:

- Small, paperback book
- Small notepad and pencil or pen w/ a cap
- Standard deck of playing cards

Please do not bring:

- Electronics of any kind – this includes cell phones, ipods, or any other digital media device (*watches are OK*)
- ANY FOOD FROM HOME. Food in bags = critters in tents & bags
- Smellables i.e. cosmetics, lotions, shampoos, potions, etc.
Note that extra items = extra weight. DO NOT OVERPACK

Items supplied by camp:

- Tents
- First aid supplies
- Food and drink (*snacks, dinner, breakfast, next day's lunch*)
- Cooking Supplies: pots, pans, etc.
- Soap and water for washing
- Toilet paper

Please label everything! Put your name on anything that you can write on. This will greatly cut down on the confusion of campers' equipment and unnecessary loss of personal items.

To prevent against ticks and insect bites, camper's clothing may be sprayed with insect repellent. Parents, please notify us if you wish us not to spray your child.

An important note about how to pack for an overnight: When packing, first put various items into ***gallon-sized zip-loc bags***, sealed and labeled with camper's name. Then, line the inside of the backpack with a ***large, heavy-duty garbage bag***. Lastly, put the sealed items into the garbage bag lining the inside of the backpack. This will assure that these items remain dry, even in the event of rain while backpacking. ***Please save these zip-loc bags so that you can re-use them on each trip this summer.***