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## 4 Night Backpacking Packing List

Each camper needs a backpack large enough to hold all of his/her 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), socks, long pants (not jeans) and a T-shirt. Comfortable, sturdy sneakers are an acceptable substitute for hiking boots if necessary (absolutely no flip-flops or sandals). Please bring a swimsuit and towel to be left at camp for post-trip swimming.**

### **Clothing to pack:**

- 4 pairs of socks (*wool or synthetic*)
- 1 pair of shorts
- 2 T-shirts
- 1 wool sweater or fleece pullover (*preferably not a sweatshirt*)
- 4 pairs of underpants
- Rain gear: coat & rain pants
- 2 bandannas (*serves many purposes!*)
- 1 pair of long underwear (*tops and bottoms*)

***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 liters of water in hard plastic, reusable bottles (*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 (*plasticware works nicely. No knives!*)
- 1 Plastic mug with a handle
- First day's lunch, packed in a paper bag (*reusable lunch bags are great at camp, not in the woods. Please do not pack a lunch if your child receives hot lunch*)

**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
- Headlamp or 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: - Note that extra items = extra weight. DO NOT OVERPACK!**

- Electronics of any kind – this includes cell phones, smart phones, ipods, or any other digital media device (*watches are OK*)
- ANY FOOD FROM HOME - food in bags = critters in tents & bags
- Cosmetics, smellables, lotions, shampoos, potions, etc.

**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. Please notify us if you wish us *not* to spray your child.

**An important note about how to pack for a backpacking trip:** When packing, first put various items into ***gallon-sized zip-loc bags***, sealed and labeled with your (child's) name. Then, line the inside of your (child's) backpack with a ***large, heavy-duty garbage bag***. Lastly, put the sealed items into the garbage bag lining the inside of your (child's) backpack. This will assure that these items remain dry, even in the event of rain while backpacking.