

- PACKING LIST -
THREE NIGHT BACKPACKING TRIP

Each camper needs a backpack large enough to hold all of his/her own equipment plus a portion of the group's supplies. A pack may be borrowed from camp if needs be.

COME TO CAMP WEARING:

- **Hiking Boots** – Well worn-in and comfortable. *NO running shoes, high top sneakers, work boots, slip-on shoes or sandals*
- **Socks**
- **Long pants**
- **T-shirt**

CLOTHES TO PACK:

- **3 pair of socks** (wool or synthetic)
- **2 pair of shorts** (“zip-off” pants/shorts combinations are an excellent choice)
- **1 light-weight long sleeved shirt**
- **3 T-shirts**
- **1 wool sweater, or fleece pullover** (NOT A COTTON SWEATSHIRT)
- **3 pair underpants**
- **Rain gear** (poncho or coat)
- **Handkerchief or bandanna** (serves many purposes!)
- **1 pair long underwear** (tops and bottoms)
- **Clothes for sleeping**
- **Swimsuit and small towel**
- **1 winter hat** – Even in summer!

* **A Note About Clothing Materials:** Because safety is our number one priority at camp and on trips, it is important that campers wear and pack all **synthetic** materials and bring NO COTTON (with the exception of the handkerchief/bandana.) If/when cotton gets wet (either from rain or sweat) it stays wet for a long time and steals warmth from the body (which can be dangerous on a cool evening). All shirts, pants, socks, long underwear, etc. should be made of a synthetic material (i.e., nylon, polyester, polypropylene, etc.); Such materials are quick-drying and retain body heat. *Basketball jerseys and soccer shorts are good examples of these clothing materials that you may already have.*

EATING UTENSILS:

- **3 (THREE) One-liter bottles of water.** Examples are “Nalgene” bottles (found in camping supply stores or department stores) or plastic seltzer bottles to be filled with water for drinking. *NO glass! Water will be used for self-hydration and cooking.*
- **1 Bowl** – Plastic or lightweight metal. *Bowls are universal; plates are unnecessary.*
- **1 Spoon and 1 Fork** – *Plasticware works nicely. NO knives!!*
- **First day's lunch**, packed in a disposable bag

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PERSONAL ITEMS:

- **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** (small tube)
- **Comb or hair brush**
- **Washcloth**
- **Flashlight with fresh batteries**
- **1 Whistle**
- **2 Large, heavy duty garbage bags** (for covering gear overnight)

ACCEPTABLE, OPTIONAL EXTRAS (Any one of the following):

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

THINGS **NOT** TO BRING:

- Electronics of any kind - *This includes CELL PHONES, Gameboys, Discmans, walkmans, video games, walkie talkies, etc. etc. etc* (watches are OK)
- Exclusive card games - i.e., games that do not allow all group members to play, such as "Yugioh," "Pokemon," "Dragonball Z," etc.
- Anything not on this packing list

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

* **A Note About Packing:** When packing your belongings, first put various items into gallon-size Zip-Loc bags then seal and label them with your name. Then, line the inside of your backpack with a large, heavy-duty garbage bag. Lastly, put the sealed items into the garbage bag (which is inside your backpack). This will assure that your items remain dry, even in the event of rain while hiking.

* **HINT:** 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.

* **POLICY NOTICE:** TO PREVENT AGAINST TICKS AND INSECT BITES, CAMPER'S CLOTHING MAY BE SPRAYED WITH INSECT REPELLENT UNLESS WE RECEIVE WRITTEN NOTICE NOT TO SPRAY YOUR CHILD