

## Two Sentinels Camper In-Camp Packing List

- Pack for both warm and freezing weather. Two Sentinels is at an elevation of 8,000 ft. It's usually warm during the day but can be cold at night. Rain is likely and snow is a (rare) possibility.
- Pack in something soft-sided that you can carry to your unit unaided (do not expect to wheel a bag).
- Pack sleeping bag, sleeping pad, and extra blanket in a separate stuff sack or bag.
- Label everything with first and last name.
- No framed backpacks unless you are backpacking.
- Don't pack in black garbage bags.

### Packs and Sacks

- Day pack

### Sleeping Gear

- Ground cloth – durable plastic, minimum 4x6 ft
- Insulated pad – minimum length from shoulder to hip, 1 inch thick (for warmth, not just comfort)
- Sleeping bag rated for 20 degrees F or lower
- Warm blanket
- Pillow

### Eating and Drinking

- 1 qt (1 liter) plastic water bottle with screw-on lid

### Essential Gear

- Whistle
- 1-2 sources of light – flashlights/lanterns/headlamps
- Extra batteries + bulbs
- White shirt or pillow case to silkscreen – cotton or 50/50

### Personal Gear - unscented only, small sizes

- Biodegradable soap
- Moisturizing lotion/cream
- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Comb/brush
- Hair ties/bands/pins/barrettes
- Nail clippers
- Nail file
- Contact lens supplies plus spares or backup glasses
- Sun screen – SPF 30 or above; no aerosol cans
- Insect repellent – up to 30% deet; no aerosol cans
- Deodorant/antiperspirant
- Menstrual supplies – just in case
- Small mirror
- Tissues
- Wash cloth & bath towel
- Beach towel
- Prescription medication – over the counter meds available at camp
- Chapstick (stick works best at camp!)

### Meadowlarks Only

- Mess kit – bowl, cup w/ handle, fork
- Mesh dunk bag for mess kit

### Nice to Have

- Hip pack
- Laundry bag
- Several one-gallon resealable plastic bags
- Lovie – stuffed animal, blankie, etc.
- Extra sleeping bag – necessary for bedwetters
- Pair of waterproof pants
- Vest or other layering piece
- Journal
- Emergency space blanket
- Camera – remember, no cell phones
- Pencil/pen/permanent marker
- Stationery/postcards – pre-addressed & stamped
- Watch – remember, no cell phones
- Optional – sunglasses w/ UVA/UVB protection

### Clothing

- Hat with brim
- Cap for warmth – fleece or wool
- 2 or more bandanas
- 2-5 bras
- 3-5 light-weight short-sleeved shirts
- 3-5 light and mid-weight long-sleeved shirts
- 2 heavy-weight long-sleeved sweaters or sweatshirts
- Warm jacket
- Waterproof jacket or poncho with hood
- Pair of gloves or mittens – fleece, polyester or wool
- 8 or more pair underpants
- 3-4 pair shorts or capris
- 3-4 pairs pants
- 2 pairs pajamas or sweatpants or long underwear
- Swimsuit
- 8 pairs socks
- 2 pair hiking socks - wool
- 2 pair sturdy shoes or boots – with laces
- Pair of water shoes – closed toe, heel and sides

No Electronic Devices  
No phones, ipods, mp3/cd/dvd/game players, e-readers, tablets, etc.  
No Food, Candy or Gum. No pocketknives.