

# Aides - Reach Experience

## Packing List



For the program time spent at Camp you should pack as you do every year for camp. However, for the travel portion of the trip, there is a natural tendency to pack too much. The following are reminders to help plan for this section of your program.

Remember that it gets hot in South Dakota; temperatures can reach 110° during the afternoon, but there is also the potential for heavy rain and colder nights. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. Clothing may return stained or muddy, and it is important to be ready to re-wear outfits. When packing for South Dakota, remember less is more!

### Very Important Items

- A soft-sided duffel bag (no wheels) or hiking backpack. Hard suitcases and rolling suitcases are problematic for the way the group travels. This will be your bag for the trip. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- Flashlight or headlamp – Compact with extra batteries. This will be your nightlight.
- Daypack or String Bag– Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch. This can be used as a carry-on.
- Sleeping Bag and stuff sack – Night temperatures can fluctuate.
- A sleeping pad that is packable. Inflatable or folding sleeping pads work best (must fit inside your luggage)
- Water Bottles (2-3) – Nalgene or Sigg style (32 oz.) is preferred. These are essential!
- Waterproof lightweight Rain jacket or Shell with a Hood (1)

### Clothing – Modest dress is preferred on the Reservation

Bring clothes you can wear comfortably in hot, sunny weather. Old clothes that you don't mind getting ruined and aren't flashy are great. Lightweight, long sleeve shirts are ideal for sun protection.

- Pants (2-3) – Whatever is most comfortable in hot weather, may get very muddy or dirty
- Shorts (4-5) – Quick dry shorts work very well. A couple long athletic shorts (5" or more).
- T-shirts (7-9) – At least 3 should be synthetic (not cotton, fast drying). Good for sun protection
- Tank Tops (optional 2-3) – Should be athletic style and not expose bras (if applicable) on the sides of the tank
- Long Sleeved Shirts (2) – One lightweight shirt for sun protection, one fleece or warmer jacket for cold nights
- Sweat Pants and Sweatshirt (1pr.)
- Underwear (8-12)
- Bras (if applicable 3-4) – sports bras are recommended
- Hats (1) – Sun or baseball style hat.
- Socks (8-10 pairs) – 2 should be synthetic hiking or wool socks.
- Pajamas (1)
- Bathing suit (1)

## Footwear

- Sandals/crocs/flip flops/Chaco's for everyday use and showering
- Sturdy Sneakers (1)- no need for hiking boots, but sneakers should be sturdy enough for hiking

## Miscellaneous

- Toiletries – Travel-sizes and biodegradable soap work well. May be hard to restock during the trip
- Strong Sun Block – SPF 30 or higher
- Pads/Tampons and Washcloth (if applicable)
- Travel Towel and Washcloth – bring a towel that will dry quickly
- Chargers as needed for any electronic devices e.g. phone, iPod
- Watch – So you don't need to look at your phone to know the time.
- Sunglasses
- Bandanas (1-2) – Good for everything.
- Spare Eyeglasses – Especially for contact wearers.

## Optional

- Personal Journal & Letter writing materials
- First Aid Kit – Keep it small and fill it with items you may commonly need or use.
- Bug Repellent
- A camera with spare memory card and extra batteries
- A good Book, Games or Cards - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available.
- Mesh laundry bags– For dirty laundry
- Trash bags – To keep belongings dry
- Flat Sheet – for bedding if your sleeping bag is too warm
- Games or Craft Supplies – for running the Day Camp on the Reservation
- Frisbee, hacky-sacks
- Anti-bacterial Hand Gel
- Musical Instrument
- Favorite Recipes -- Bring a few recipes from home that can easily be made while camping or in the kitchen in Dupree
- Inflatable or Compressible Travel Pillow
- Sleep mask & Earplugs – Be prepared to sleep in close quarters with lots of people who might be snorers.
- Spending money for souvenirs – we recommend no more than \$200

## What Not to Bring

Expensive/large jewelry or watches, valuable personal items, any sort of "bling", or anything you would be sad to lose or get really dirty.