

# Backpacking Packing List



## Clothing

- Try to avoid cotton clothing for your three-day backpacking trip. Cotton loses its insulating qualities when wet, takes a long time to dry, and weighs a lot when wet.
- Instead, look for clothing with the following materials in it:
  - Polyester/polypropylene
  - Wool
  - Nylon
  - Woven nylon blend
- If you only have cotton items, we will try to help you out at camp using clothing we have at camp.
- Lightweight wool socks are essential items, if possible.
- Hat with brim
- **Shoes**
  - Two pairs of closed-toes, closed-heeled shoes: one pair of lace-up tennis shoes and one pair of sturdy hiking boots. Please be careful when bringing brand new hiking boots, as they will create blisters during the backpacking trip; it is better to break them in beforehand.
  - Toms, Sperry, Vans, Crocs, and so forth are not allowed due to the lack of support in these shoes
- **Tops**
  - Two Long sleeve shirts
  - One Warmer jacket/pullover/hoodie (fleece jacket is nice)
  - One Warm sweater and/or sweatshirt
  - Two t-shirts
  - Two Sports bras
  - One Warm pajamas
  - Sweats and cotton-based items are fine for sleeping, but try to avoid big, big sweatshirts as they don't pack well.
  - Bandana
  - Rain jacket: This is extremely important! You could be wearing it with your backpack for long periods of time. If possible, make sure it packs small.
- **Bottoms**
  - Two pairs of pants
  - Two pairs of shorts: Avoid short shorts as these will cause chaffing and will not be comfortable to hike in for long periods of time.
  - Three pairs underwear
  - Three pairs of socks: two pairs of lightweight wool hiking socks, one extra pair just in case

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## Camp Gear

- Sleeping bag rated to 20 degrees or cooler
  - You will be carrying this with you for three days so it needs to be one that you can put the lower section of your hiking backpack.
  - No cotton sleeping bags will be allowed on the trip (rain = wet, heavy cotton sleeping bags)
  - You may borrow a sleeping bag and liner from camp if the sleeping bag you have is too large to carry comfortably or fit in your backpack.
- **Three - 32 oz. durable water bottles - must have so you can stay hydrated**
- Dishes or mess kit (plate or bowl and a fork will suffice - pack light)
- Hiking backpack. Camp has plenty if you don't have one.
- Two flashlights or headlamps with extra batteries. Always have a backup when out for three days.
- Sleeping pad. Camp has plenty if you don't have one.

## Toiletries

- It is helpful if packed in a little bag that is easier to take to restroom and find in your backpack.
- Toothbrush
- Toothpaste (travel size)
- Hairbrush (travel size)
- Hand sanitizer (travel size)
- Deodorant (travel size)
- Lip balm with SPF 15 or higher - two of these in case you lose one
- Sunscreen with SPF 30 or higher - smaller bottle, light weight
- Insect repellent - smaller bottle, light weight
- Tampons/Pads
- Sunglasses - you can burn your eyes when out for three days hiking on the mountain top in the sunshine; please protect your eyes and bring sunglasses

## COVID-19 Items

- Two masks for each day at camp, along with two bags for mask storage; one bag marked "clean masks" and one marked "dirty masks." Masks can be disposable or reusable and need to follow the mask guidance on our website.
- Personal hand sanitizer to carry during camp.

## Optional Equipment

- Camera - cell phones and iPads will not work as your camera. Please mark with camper's name.
- Stationery, addressed and stamped with proper postage; stamps are not available at camp.
- Pens/pencils
- Book to read
- Playing cards