

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.
- No electronic devices including phones, MP3 players, e-readers, tablets, video games, etc.
- No food, candy, or gum.

Packs and Sacks

- Day pack

Sleeping Gear

- Ground cloth – durable plastic, 4x6 ft
- Insulated pad – minimum length from shoulder to hip, 1 in thick for warmth/comfort
- Sleeping bag rated for 20F or lower
- Warm blanket
- Pillow

Eating and Drinking

- 1 qt plastic water bottle with screw-on lid

Essential Gear

- Whistle
- 1-2 sources of light – flashlight, headlamp, etc.
- Extra batteries + bulbs
- White shirt or pillow case to silkscreen

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 lenses or glasses + a backup
- Sunscreen – SPF 30 or above
- Insect repellent – up to 30% deet
- Deodorant/antiperspirant
- Menstrual supplies – just in case
- Small mirror
- Tissues
- Wash cloth & bath towel
- Beach towel
- Prescription medications
- Chapstick

Clothing

- Hat with brim
- Cap for warmth – fleece or wool
- 2 or more bandanas
- 2-5 bras
- 3-5 short-sleeved shirts/tank tops
- 3-5 long-sleeved shirts
- 2 warm long-sleeve sweaters or sweatshirts
- Warm jacket
- Waterproof jacket or poncho with hood
- Pair of gloves or mittens
- 8 or more pairs underwear
- 3-4 pair shorts or capris
- 3-4 pairs pants
- 2 pairs pajamas, sweats, or long underwear
- Swimsuit
- 8 pairs socks
- 2 pair hiking socks
- 2 pair sturdy shoes or boots – with laces
- Water shoes

Nice to Have

- Hip pack
- Laundry bag
- Several one-gallon resealable plastic bags
- Lovey – 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
- Letters/cards – pre-addressed & stamped
- Watch – remember, no cell phones
- Sunglasses

Meadowlarks and Rangers Only

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