

# Two Sentinels Staff 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.
- If you are assigned as backpacking staff, also pack your backpacking unit packing list (see our website).

## Sleeping Gear

- Ground cloth – durable plastic, minimum 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
- Personal tent – TS provides 1 staff tent per unit. If you want your own or are not in a unit, bring one

## Eating and Drinking

- 1 qt plastic water bottle with screw-on lid
- Nonbreakable mug/cup with lid, not see-through

## Essential Gear

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

## 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
- 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-sleeved 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

## Packs and Sacks

- Day pack

## Nice to Have

- Hip pack
- Laundry bag
- Small mirror
- Gallon resealable plastic bags
- Pair of waterproof pants
- Vest or other layering piece
- Chemical hand warmers
- Emergency space blanket
- Camera – remember, no cell phones
- Watch or alarm – remember, no cell phones
- Sunglasses
- Clothesline and clothespins
- Maps/field guides/books
- Pencil/pen/permanent marker
- Letters/postcards – pre-addressed & stamped
- Journal

## Meadowlarks and Rangers Only

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