

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.

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
- ☐ Non-breakup mug/cup with lid and not see-through

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
- ☐ Staff tie
- ☐ White pillow case or extra shirt 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 lens supplies plus spares or backup glasses
- ☐ Sunscreen – SPF 30 or above, no aerosol
- ☐ Insect repellent – up to 30% deet, no aerosol
- ☐ Deodorant/antiperspirant
- ☐ Menstrual supplies – just in case
- ☐ Small mirror
- ☐ Tissues
- ☐ Wash cloth & bath towel
- ☐ Beach towel
- ☐ Prescription medication – OTC meds available
- ☐ Chapstick (stick works best at camp!)

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

Meadowlarks and Rangers 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
- ☐ Pair of waterproof pants
- ☐ Vest or other layering piece
- ☐ Chemical hand warmers
- ☐ Emergency space blanket
- ☐ Camera – remember, no cell phones
- ☐ Watch and/or alarm – remember, no cell phones
- ☐ Sunglasses
- ☐ Clothesline and clothespins
- ☐ Maps/field guides/books
- ☐ Pencil/pen/permanent marker
- ☐ Stationery/postcards – pre-addressed & stamped
- ☐ Journal

Clothing

- ☐ Sun hat with brim
- ☐ Cap for warmth – fleece or wool
- ☐ 2 or more bandanas
- ☐ 2-5 bras
- ☐ 3-5 light-weight short-sleeved shirts/tank tops
- ☐ 3-5 light and mid-weight long-sleeved shirts
- ☐ 2 heavy-weight long-sleeved 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
- ☐ Water shoes