

### **Suggested Packing List for General Camping**

The following items will ensure that you have a safe and comfortable camping experience! This expedition is designed for beginners; it is a great opportunity to 'test the water.' Thus, we recommend that if you do not own the items listed below, that you do not purchase new items. Borrow these items for your first trip, and if it is something you would like to do again, consider purchasing your own.

#### **Clothing**

- Athletic swimsuit
- Two short sleeve shirts
- Synthetic shorts
- One warm fleece jacket (not cotton)
- One long sleeve shirt
- Fleece hat and gloves
- Athletic pants
- Bandanna
- Rain coat and pants (no ponchos)
- One set (top and bottom) long underwear (not cotton)
- Underwear/sports bras
- One pair of light weight pjs

#### **Footwear**

- All terrain shoes or hiking boots
- One pair of strap on sandals
- Two to three pairs of synthetic socks
- One pair of socks for sleeping (cotton is ok)

#### **Personal Items**

- Hat or visor
- Sunglasses with strap
- Sunscreen and lip balm with high SPF
- Flashlight, preferably a headlamp
- Two large water bottles
- Sleeping Bag (MUST BE SMALL AND STUFF-ABLE!!)
- Sleeping pad (optional)
- Toiletries (must fit in a quart sized ziplock bag)
- Towel
- Insect Repellant

#### **Optional Items**

- Cribbage board and cards
- Journal
- Book
- Pillow
- Bible
- Camera
- Frisbee
- Small Camp Chair

**AVOID COTTON CLOTHING!** It takes a long time to dry and will not keep you warm if it is wet, this includes jeans. Look for quick drying athletic style clothing options.