

Hello Campers in Backpacker, Kickin' It Camp Style, and Carin Chasers!

My name is Candice "Gypsy" Olson and I am the Camp Director at Camp Cloud Rim. I am really excited for our upcoming backpacking trips this summer. I just wanted to touch base with you and give you a more specific packing list. The majority of the special backpacking items you will need, such as a backpack, cooking items, etc., will be provided by the camp.

Please feel free to contact us with any questions at info@gsutah.org. I look forward to seeing all of you soon!

Have a high five day full of awesomeness!
Candice/Gypsy

BACKPACKING TRIP PACKING LIST

- Your trip will be 3 days, 2 nights.
- During the rest of your camp program, please refer to the general packing list found in the [Orientation Guide](#).
- While on your backpacking trip, the rest of your items you brought to camp will be stored in your living area at camp or in the lodge.

CLOTHING:

- Note:
 - 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 when wet, it weighs a lot.
 - 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 though if possible.
- SHOES:
 - 2 pairs of closed toed, closed heeled shoes (one pair of lace of 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, Speery, Vans, Crocs, and so forth are not allowed due to the lack of support they give you



• **TOPS:**

- Long sleeve shirt (2)
- Warmer jacket/pullover/hoodie (fleece jacket is nice) (1)
- Warm sweater and/or sweatshirts (1)
- T-shirts (2)
- Sports Bra (2)
- Hat with brim for sun protection
- Warm pajamas (1)
 - Sweats and cotton-based items are fine for sleeping
 - Avoid heavy sweatshirts and sweat pants as they don't pack well (they take up a lot of room; and if they get wet they are heavy to care).
- Bandana
- Rain jacket
 - This is extremely important!
 - If possible, make sure it packs small.

• **BOTTOMS:**

- Pants (2 pairs)
- Shorts (2 pairs)
 - Avoid the short little short shorts – these will cause chaffing and will not be comfortable to hike in for long periods of time
- Underwear (3)
- Socks (3)
 - 2 pairs of lightweight wool hiking socks; one extra pair just in case

CAMP GEAR:

- Sleeping bag rated to 20 degrees or cooler
 - No cotton sleeping bags will be allowed on the trip (rain = wet, heavy cotton sleeping bags)
 - Camp has sleeping bags specifically designed for backpacking outings that campers can borrow.
- 3 - 32 oz. (96 oz total) durable water bottles and/or hydration pack that will fit into your backpack
- Dishes or mess kit (plate or bowl and a fork will suffice – pack light)
- Hiking Backpack
 - Camp has plenty of internal hiking backpacks that can be adjusted to fit each camper.
 - Girls are welcome to bring their own if they wish; however it will need to be big enough for a 3-day, 2-night backpacking trip (bringing the girl's personal items along with group gear such as tents, stoves, cookware, etc.).
- 2 – Flashlights or headlamps with extra batteries (always have a back-up when out for 3 days)
- Sleeping pad
 - Camp has plenty of Therm-a-Rest closed celled sleeping pads.
 - Girls are welcome to bring their own if they wish.



TOILETRIES: (helpful if it is in a little bag that is easier to take to restroom and find in backpack)

- Toothbrush
- Toothpaste (travel size)
- Hairbrush (travel size)
- Hand sanitizer (travel size)
- Deodorant (travel size)
- Lip balm with SPF 15 or higher – 2 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
 - We'll chat about bathroom usage prior to going out on the trail.
 - Just know having your period while on the trail is something that can easily be managed so please don't stress about it.
- 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

OPTIONAL EQUIPMENT:

- Camera – cell phones and iPads will not work as your camera (please mark with campers name)
- Stationary (addressed and stamped with proper postage; stamps not available at camp)
- Pens/pencils
- Book to read
- Playing cards

CAMP WILL PROVIDE:

- Tents (2-3 person tents)
- Stoves and fuel
- Food (all meals, snacks, and beverages)
 - If you have any dietary needs please contact info@gsutah.org so we can work with you one-on-one to ensure you have sufficient food for the trip. The camp staff will also reach out to you as the trip gets closer if you marked special dietary needs in your CampDoc profile.
- Rope/Bear Canisters for food storage at the campsites
- First Aid Kit and First Aider
- Transportation to and from the trail heads
 - The routes are still being determined at this time.
- Water purification (iodine, water purifiers, Steri-Pens, etc.)
- Maps
- And all other needed items that are not already listed on here

