

Parents,

This is a recommended packing list for girls participating in Advanced Outdoor Skills. Nothing on the list is *mandatory*, but if your daughter has the equipment, or if you have the means to purchase it, we encourage you to pack it for camp. The one piece of equipment they must have is a backpack, so if you need us to provide you one at camp please let Aimee know ahead of time.



Please keep in mind that the girls will be backpacking and carrying this equipment with them, so weight and size matter!

There are options on this list for both hammock camping and tent camping. If your daughter brings a hammock she can sleep in it, if not a tent will be provided for her.

## RECOMMENDED PACKING LIST

### Personal Gear:

- Backpack- (See attached for recommendations)
- A very light blanket for at night- the weather will be very warm
- Sleeping Mat/Self Inflating Pad (See attached for recommendations)
- 2 Water Bottles (at least 16 oz)
- Hammock (See attached for recommendations)
- Dishes/Utensils (See attached for recommendations)
- Rain Poncho
- Socks- preferably thick and at least to the ankle (no 'No shows')
- Extra Clothes
- Water Shoes (must have a heel strap or be a water shoe)
- Swimsuit
- Sunscreen
- Bug repellent
- Hat or bandana
- Lip Balm
- Toilet paper

- Headlamp/Flashlight with good batteries
- Carabiners (4 min)
- Small trash bag/large Ziploc
- Toiletries
- Fire starters (girls will make at camp)
- Pocket Knife (no longer than a 3 1/2" blade)
- Small pack of baby wipes (Travel size)

### Community Gear (Provided by Camp Staff)

- Food & Snacks
- Water purifiers
- First aid kit
- Tarp for outdoor changing area
- Bear bag
- Extra Rope/ heavy cord
- Stoves
- Cooking Fuel
- Cooking pots/pans
- Tents
- Sleeping mats (if needed)

## EXAMPLES OF BACKPACKING GEAR THAT IS LIGHTWEIGHT AND INEXPENSIVE

**Backpacks:** Ideally, the backpack will have a capacity of at least 50-60L (it's usually in the product description), and have an integrated frame. There are several low cost options at a variety of retailers on line. The first one shown below is available from Walmart on-line and is a great option for a beginner. The girls cannot backpack with a school type of backpack, it will not hold their gear and food items/water.



Free Knight 60L Hiking Backpack ...  
\$29.99  
from Walmart - Happy shopping  
+\$2.70 tax. Free shipping  
★★★★★ (1)

hiking backpack

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ONEPACK 50L 45+5 Hiking Backpack ...  
\$37.99  
from 10+ stores



CAMPING



TRAIL/DAY HIKING



BACKPACKING



FISHING



TOURING



Vbiger 60L Hiking Backpack ...  
\$39.59  
from 5+ stores






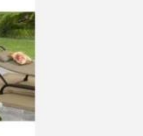
**Camping Hammocks:** Walmart has several inexpensive options, as does Amazon. You can get one with an integrated insect net if desired. Cabela's, and other retailers you can Google, sell a separate insect net for \$14.95. When you get the hammock, **make sure it comes with the two tree straps.**

camping hammock walmart

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Shop for camping hammock walmart

Sponsored

 <p>Yes4All Lightweight Double Camping... \$11.85 Walmart 23% price drop</p>	 <p>Winner Outfitters Double Camping... \$26.99 Amazon.com Free shipping</p>	 <p>Lightahead Parachute Portabl... \$18.80 Walmart</p>	 <p>Portable Hammock with Stand-Folds... \$45.72 Walmart ★★★★☆ (194)</p>	 <p>BCP Double Hammock Set w/... \$62.94 Walmart ★★★★★ (515)</p>	 <p>Mainstay Park Han... \$76.98 Walmart ★★★★★</p>
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I purchased two of the hammocks below and they have been used several times.

Lightinthebox.com Flash Sale Mobile Apps

Login Customer Service Ship to: USD

Shop All Categories What are you looking for? Cart

Sports & Outdoors Camping, Hiking & Backpacking Camping Furniture

Camping Hammock with Mosquito Net Outdoor Collapsible, Anti-Mosquito Nylon for Camping / Camping / Hiking / Caving / Outdoor - 1 #06120769

USD \$49.98 **\$29.99** (40% off)  
Earn additional 1% cash rewards on all orders

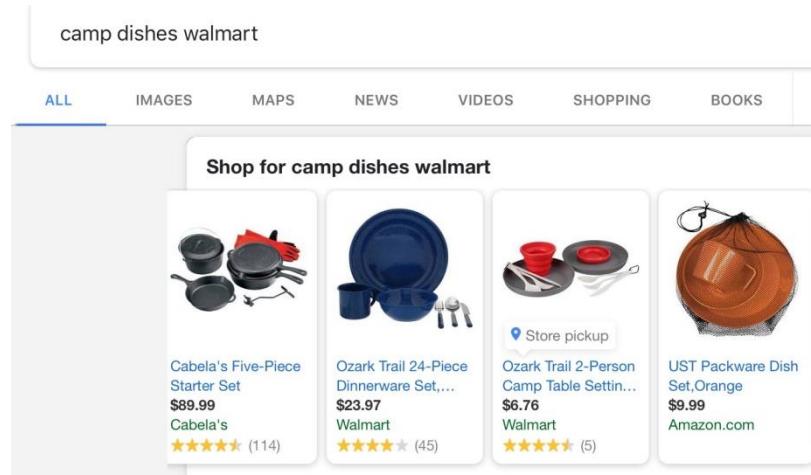
Ship to: Processing Time: 3-5 business days  
Shipping Time: Expedited Express 3-4 business days

Qty: 1

Add to Cart (65)

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**Dishes:** Dishes should be limited to what is necessary (basically a plate, bowl, spoon and a fork). A collapsible bowl is also a good option that can be used for a cup, plate or bowl. You can buy a collapsible bowl at Walmart in the outdoor section for a few dollars. You can also buy lightweight dinner sets at Walmart (the Ozark trail option below is good) or other retailers--- or just pack something that is plastic and lightweight without buying a whole set.



**Lightweight sleeping mats and air mattresses:** A mattress or pad is not necessary with a hammock (in warm weather), but nice to have in a tent. Because we are backpacking we want the pad to be lightweight (think 1 lb or less). There are several options available at reasonable prices. If your daughter is tent camping and doesn't bring a matt we will provide one.

