



ADVENTURE SPECIALTY CAMP PACKING LIST

Remember, all their personal gear and some of the group gear will be carried 4-5 miles into the woods. Try to keep it light and compact.

1. **Backpack** – overnight pack of at least 55-liter size (internal or external frame packs are ok).
2. **Daypack**
3. **Sun Protection**
 - a. Sunglasses and sunscreen
 - b. Long sleeves shirt/light coat
 - c. Long pants
 - d. Hat with wide brim
4. **Light**
 - a. Flashlight (with extra batteries)
 - b. Headlamp (with extra batteries)
5. **Sleeping bag**
 - a. 40-degree rating, backpack style bag
 - b. One that can be compressed into a tight package to fit in a backpack or to attach to the outside. (*Not recommended – cotton-lined, rectangular bags*)
6. **Hiking Boots** – more ankle support and better traction than running shoes,
 - a. Can use a sturdy pair of running shoes with a well-defined tread pattern.
 - b. Should be “broken in” to prevent campers from getting blisters on the hike.
7. **Camp Shoes**
 - a. Keens or Crocs (with backstrap) to wade across creeks.
 - b. Tennis shoes
8. **Socks** – 2 pairs of wool or synthetic hiking socks, NOT cotton!
9. **Hiking clothes**
 - a. Quick drying, synthetic is best.
 - b. Shirt and pants
 - c. Fleece layer for warmth
 - d. Lightweight jacket
 - e. Underwear
 - f. Warm hat (beanie)
10. **Toothbrush / toothpaste**
11. **Water bottle or hydration bladder**
 - a. 1 quart minimum
 - b. Double wall insulated bottles will be heavier and are not recommended.
12. **Backpacking type – sleeping pad**
 - a. Blue foam or inflatable (not a simple air mattress)
 - b. ***CCC may have some to loan, just let us know if you’re in need.
13. **Insect repellent**
14. **Camera** – we prefer that your camper bring an actual camera, but we will allow the campers to take their cell phones for the purpose of photography. If bringing a cell phone, remember the charger.
15. **Trekking pole** if available

Please also refer to the packing list in the [Cedarbrook Clue](#) for additional items your camper may need during the week as well.

Group gear—and personal gear provided by camp

1. Stove and fuel
2. Water filter or chemical treatment
3. Pot and frying pan if needed. Cooking utensils
4. Cup, Plate, Utensils for each camper/staff on trip
5. Food—minimum 2500 calories per day per person.
6. Nylon cord (paracord) for hanging food out of reach of animals. Stuff sack for same (can be one used for clothing, or some other sack or container.
7. Tent or tarp
8. Ground cloth
9. Trash bags
10. Trowel for pooping in the woods
11. Collapsible water container
12. Radios
13. GPS with SOS button for emergency services.
14. First aid kit
15. Hand sanitizer
16. Toilet Paper