

Backpacking Packing List



Clothing

Notes

- 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 weighs a lot when wet. This includes underwear and bras.
- 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 using extra clothing we have at camp.
 - Lightweight wool socks are essential items, if possible.

Shoes

- Two pairs of closed-toes, closed-heeled shoes: one pair of lace-up 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, Sperry, Vans, Crocs, and so forth are not allowed due to the lack of support

Tops

- One Long sleeve shirt
- One Warm jacket/pullover/hoodie (fleece jacket is nice)
- One Warm outer jacket/coat (for non-summer programs only)
 - Should be able to pack down well – a light puffy jacket works great
- Two t-shirts
- Two Sports bras
- Rain jacket: This is extremely important! You could be wearing it with your backpack for long periods of time. If possible, make sure it packs small.

Bottoms

- Two pairs of pants
- One pair of shorts: Avoid short shorts as these will cause chaffing and will not be comfortable to hike in for long periods of time.
- Three pairs underwear

Other

- Hat with brim
- Stocking cap/beanie (to keep you warm at night)
- One set of warm pajamas
 - Sweats and cotton-based items are fine for sleeping, but try to avoid big or heavy sweat sets as they don't pack well.
- Bandana
- Three pairs of socks: two pairs of lightweight wool hiking socks, one pair for night

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Camp Gear

- Sleeping bag rated to 20 degrees or cooler
 - You will be carrying this with you for three days so it needs to be one that you can put the lower section of your hiking backpack.
 - No cotton sleeping bags will be allowed on the trip
 - You may borrow a sleeping bag and/or liner from camp if the sleeping bag you have is too large to carry comfortably or fit in your backpack.
- **Two 32 oz. durable water bottles and/or hydration pack – must have so you can stay hydrated**
 - If you are bringing a hydration pack, please also pack a durable water bottle in case of punctures.
- Dishes or mess kit (plate or bowl and a fork will suffice – pack light)
- Backpacking Pack
 - Camp has plenty of internal hiking backpacks, so no worries if you don't have one
- Flashlight or headlamp with new batteries
- Sleeping pad. Camp has plenty if you don't have one.

Toiletries

It is helpful if packed in a little bag that is easier to find in your backpack.

- Toothbrush
- Toothpaste (travel size)
- Hairbrush (travel size)
- Hand sanitizer (travel size)
- Deodorant (travel size)
- Lip balm with SPF 15 or higher
- Sunscreen with SPF 30 or higher – smaller bottle, light weight
- Insect repellent – smaller bottle, light weight
- Tampons/Pads
- Sunglasses
- Contacts/glasses (if needed)

Optional Equipment

- Camera – cell phones should not be used. Please mark with camper's name.
- Pocket knife
- Pens/pencil and journal
- Book to read
- Playing cards or small travel game