

- PACKING LIST -
ONE NIGHT BACKPACKING TRIP

Each camper needs a backpack large enough to hold all of his/her own equipment plus a portion of the group's supplies. One may be borrowed from camp if needs be.

COME TO CAMP WEARING:

- **Hiking Boots** – Well worn-in and comfortable. High-top sneakers are an acceptable substitute if absolutely necessary. *NO running shoes, slip-on shoes or sandals*
- **Socks**
- **Long pants** (not jeans)
- **T-shirt**
- **Bring a Swim Suit and Towel** - To be left at camp for a post-trip swim

CLOTHES TO PACK:

- **1 pair of socks**
- **1 pair of shorts**
- **1 light-weight long sleeved shirt**
- **1 T-shirt**
- **1 wool sweater, or fleece pullover** (preferably not a sweatshirt)
- **1 pair underpants**
- **Rain gear** (poncho or coat)
- **Handkerchief or bandanna** (serves many purposes!)
- **1 pair long underwear** (tops and bottoms)
- **Sleepwear**

A Note About Items on the List: Although some of these items may seem extraneous (e.g., wool sweater, long underwear) they can oftentimes make a trip more comfortable, safe, and enjoyable. The slight addition of weight and space from these items is oftentimes well worth including them. Remember, hot days can easily become cool nights. Also, light-colored clothes attract fewer insects than dark-colored items.

EATING UTENSILS:

- **3 (THREE) One-liter bottles of water.** Examples are “Nalgene” bottles (found in camping supply stores or department stores) or plastic seltzer bottles to be filled with water for drinking. *NO glass!* *Water will be used for self-hydration and cooking.*
- **1 Bowl** – Plastic or lightweight metal. *Bowls are universal; plates are unnecessary.*
- **1 Spoon and 1 Fork** – *Plasticware works nicely. No knives, please.*
- **First day's lunch**, packed in a paper bag (reusable lunch bags are great at camp, but not in the woods).

PERSONAL ITEMS:

- **Sleeping bag** - able to fit into a pillow case when rolled up or compressed
- **Sleeping pad** - foam insulate or similar type pad (can be found at dept. stores)
- **Toothbrush & Toothpaste** (small tube)
- **Comb or hair brush**
- **Washcloth**
- **Flashlight with fresh batteries**
- **1 Whistle**
- **2 Large, heavy duty garbage bags** (for covering gear overnight)

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ACCEPTABLE, OPTIONAL EXTRAS (Any one of the following):

- **Small, paperback book**
- **Small notepad and pencil or pen w/ a cap**
- **Standard deck of cards**

THINGS **NOT** TO BRING:

- Electronics of any kind - *This includes CELL PHONES, discmans, walkmans, video games, walkie talkies, etc. etc. etc* (watches, of course, are OK)
- Exclusive card games - i.e., games that do not allow all group members to play, such as "Yugioh," "Pokemon," "Dragonball Z," etc.

ITEMS SUPPLIED BY CAMP:

- Tents
- First aid supplies
- Food and drink (snacks, dinner, breakfast, next day's lunch)
- Cooking Supplies: pots, pans, etc.
- Soap and water for washing
- Toilet paper

* **A Note About Packing:** When packing your belongings, first put various items into gallon-size Zip-Loc bags; Seal and label them with your name. Then, line the inside of your backpack with a large, heavy-duty garbage bag. Lastly, put the sealed items into the garbage bag (which is inside your backpack). This will assure that your items remain dry, even in the event of rain while hiking.

* **HINT:** LABEL EVERYTHING!!! Put your name on anything that you can write on. This will greatly cut down on the confusion of campers' equipment and unnecessary loss of personal items.

* **POLICY NOTICE:** TO PREVENT AGAINST TICKS AND INSECT BITES, CAMPER'S CLOTHING WILL BE SPRAYED WITH INSECT REPELLENT UNLESS WE RECEIVE WRITTEN NOTICE NOT TO SPRAY YOUR CHILD