

The following items **MUST** be packed in your big backpack
(with your name and group on everything, even clothing).

Your big backpack must be in good condition, fit properly, have a padded waist and shoulder straps, and have a sternum strap.

- () Sleeping bag with carrying bag or stuff sack
- () Sleeping pad made of closed cell foam or other water impermeable material.
- () Plastic ground cloth
(1/2 plastic shower curtain or liner, small blue tarp, etc.)
- () 1 drawstring plastic bags (to help waterproof your stuff sack or sleeping bag compartment)

- () Three changes of old clothes
 - () Hiking shorts, at knee or above, **no jeans**
 - () T-shirts
 - () 1 week of underwear
 - () Belt (optional)
- () Hiking socks with heel – 4 pair minimum
- () Liner socks – 4 pair minimum (**no cotton**)
- () Wind pants, tights, or zip-off pants
- () Fleece pullover
- () Hat with brim
- () Wool or fleece hat
- () * DriDucks poncho (light weight ponchos will not do)
- () 2 large bandanas
- () Old (but still good quality) sneakers that still fit
- () Bathing suit
- () Small towel, swim chamois, backpacking towel
(not a bath sheet)
- () Whistle on neck string

NO: Cell phones, personal locator beacons, GPS units, watches, hand-held gaming systems, iPods or mp3 players, cameras, or metal knives.

- () * One 6 (or 8) ounce plastic cup **with a handle** for hot liquids (HARD PLASTIC, NO METAL)
- () 2 Plastic Spoons
- () 2 apples – whatever type you like
- () Potato (boy), Carrot (girl)
- () * 2 one-liter/one-quart water bottles

- () Bathroom Kit: Toilet paper, hand sanitizer, tissues, and wet wipes (in a zippered plastic bag), 10 small ziptop plastic bags (sandwich size) for bathroom trash
- () Suntan lotion – minimum SPF 30, small bottle
- () Insect repellent – spray bottles are best – use low toxic ones like Natrapel or low % DEET on your skin
- () Deodorant - **unscented**
- () 2 Toothbrushes and small toothpaste, travel size
- () Small first aid kit with 12 good quality Band-Aids, moleskin, Ace bandage

- () * Space blanket, **bag style only**
- () Flashlight **with extra batteries**
- () 2 MECHANICAL pencils in a gallon-size ziptop bag
- () Thin, strong 550 cord, 30-foot minimum, called “parachute cord”
- () 5, gallon size ziptop bags (NO SLIDER BAGS)
- () 2 large heavy-duty black trash bags
- () 3 carabineers
- () Plastic grocery bags for dirty clothes
- () Optional: bug head net, sunglasses

NOTE: Everything needs to be in the big backpack or securely attached to the outside unless stated otherwise.

** Available at Family Workshop Night*

Many items available at Workshop Night, as noted. Everything is to be packed in re-sealable plastic bags or large heavy duty backpack liner bag for waterproofing!