

## Backpacking Camp Packing List

The most important gear is that which keeps us dry and warm, like a sleeping bag, layers, rain jacket, etc. If you're looking to invest in gear so you can go on future trips with us or on your own, the REI store often has used gear sales both online and in-store where you can get cheaper gear. They also have an online outlet and host sales a couple of times a year where members can get discounts starting at 20% off. You can always reach out to us at Adventure Camps for questions about gear, where to get items, which to get, and other tips you might want or need. We recommend packing or at least beginning well in advance to ensure you have everything you need, everything fits and if any adjustments need to happen you have plenty of time for that.

Gear can get expensive, but does not have to be, so if you do not have everything you can try to borrow as much as possible! Stay in contact with us about gear and we all can work together to combine what we have.

### Gear

- Backpacking backpack** - It needs to fit well on the shoulders and around the hips. [REI Tarn 40](#) and [Osprey Ace 50](#) are some good options. Please let us know if you are unable to purchase or borrow one!
- Sleeping bag** that packs up small (rated to 30°F)
- A light sleeping pad** - A [Nemo Switchback sleeping pad](#) is light, warm, and comfortable; Inflatable ones are also great, but more pricey
- Mess kit**: plate, bowl, cup for hot drinks, spoon, knife, and fork - all in a mesh bag (labeling makes it easy to locate amongst the many other mess kits) it is fine to consolidate some of these items.
- Backpacking stove and pot** - [Odoland 9 or 6 piece camping cookware set](#) is an affordable combo found on amazon
- Stove fuel** - [MSR IsoPro Fuel Canister - 8 oz.](#)
- 2 x 1-liter water bottles**, a great option is the 1-liter Smartwater bottle (this is one of the rare instances where we recommend plastic as it saves weight)
- Water Filter**, a great one is the Sawyer squeeze, available at Walmart for \$20-30 or Amazon by clicking [Here](#) as well as many outdoor retailers.

**Headlamp**

**Backpacking trowel** - We will be digging holes to use the bathroom. We do not recommend bringing a typical gardening shovel or an oversized one as those take up space and are heavier than intended. ([Here](#) is a good option from REI and [Here](#) is another option from Amazon although there are many others)

**2 small microfiber towels, cloth, or bandanas** (a hand-sized towel is nice) to wipe face with throughout the day

## CLOTHING

**Sleeping layer** (Warm and comfy-long underwear is nice)

**Sleeping socks**

Spare **underwear** and **socks**, 2 pairs extra of each for hiking (We will wash what we are not wearing)

**Rain Jacket and Pants** - this is essential as being wet outdoors is no fun (unless this is due to swimming)

**Swimsuit**

A **lightweight jacket** or **warm fleece**

A **hat** suitable for the day to keep the sun away, and also one that works for colder evenings

**Camp shoes**, if desired (lightweight sandals or Crocs to be worn with SOCKS when not hiking)

**Hiking clothes.** One set is okay. Contrary to popular belief, on trail we actually want to try and avoid cotton as much as possible! Cotton doesn't dry very well or quickly and retains moisture. Try to bring wool or polyester, both of which offer natural sun protection, odor control, and moisture-wicking management.

**Shirt**, lightweight quick-dry (baselayer type)

**Pants** and **shorts** for hiking (no jeans!)

**Socks** (wool!)

**Buff** or **Hat**

- Hiking shoes or boots or trail runners** (if newly purchased, try to wear them in before camp as new shoes can cause blistering)

### TOILETRIES AND FIRST AID

- Toothbrush and paste** (travel size is great)
- Sunscreen and bug spray with Permethrin** - it keeps ticks away and is non-toxic
- Toiletries for good hygiene:** comb, brush, deodorant, lip balm, moisturizing lotion, etc. and all travel-sized
- Small First Aid Kit** with cream for bug bites and aftersun lotion
- Menstrual products**, if needed, and a gallon zip-lock bag for packing it out
- A small chunk or bottle of **biodegradable soap** such as a travel-sized bottle of Dr. Bronners or an alternative brand
- Hand sanitizer**, travel size
- Toilet paper** in a ziplock bag, enough for 7 days
- Baby wipes** to clean up - a good option can be found [Here](#)
  
- All Medication will be kept in a secure and waterproof medical case by one of the directors. Epi-pens and inhalers that remain with the camper should have a note with dosage and usage in a bag in case of emergency.

### OPTIONAL

- Frisbee, card games, or other light fun things**
- Pocket knife or multitool**
- Hammock**
- Musical **Instruments** (if you dare!) (please note that this would have to be small for backpacking like a ukulele, harmonica, or flute)
- Small Book, notepad, journal, etc**

Remember... We will be carrying everything on our backs so take only what you need! Less is more in this case, as long as you have the essentials that you will need to make the trip as comfortable as possible. The heavier the pack, the quicker and more tired you get.

### THINGS TO LEAVE AT HOME

- ❖ **Phones, Smartwatches**, etc stay home, no electricity to charge. Let's unplug together - As tempting as it may be to bring a phone on the river, it creates problems as we are outdoors and surrounded by water, both of which do not mix well with our phones.
- ❖ Any **Jewelry** that you would not risk losing
- ❖ **Perfumes** and body sprays
- ❖ **No glass** bottles or containers