



Adventurer Packing List

Please consider this packing list carefully and bring what is listed. A few helpful hints:

- The Adventurer Camper and Family Handbook contains detailed information on the specific *types* of clothing and gear required for being on trail.
- Clothing may be used for both in-camp and on-trail uses. Consider living simply and packing less.
- Temperatures can vary from 40°F to 90°F. Dressing layers and having an exterior warm layer and an exterior rain layer is required to help keep the camper safe and comfortable.
- The gear that we recommend taking the most care and thought when selecting is the sleeping bag and its stuff sack (size, weight, pack-ability, materials). Please see handbook for more details.

Please contact the Four Trails Program Coordinator if you have any questions regarding gear selection.

<p>On-Trail Clothing (can be used in-camp as well)</p> <ul style="list-style-type: none"><input type="checkbox"/> Rain Pants<input type="checkbox"/> Rain Jacket<input type="checkbox"/> Light synthetic/fleece jacket<input type="checkbox"/> 4 pairs synthetic socks<input type="checkbox"/> 4 sets of underwear<input type="checkbox"/> 1 pair padded cycling shorts<input type="checkbox"/> 2 cycling jerseys or synthetic shirts<input type="checkbox"/> 1 pair pants<input type="checkbox"/> 1 Synthetic base layer (thermal) top and pants<input type="checkbox"/> 1 Cotton set of clothing for evenings/layovers<input type="checkbox"/> Sturdy closed-toe shoes (for cycling)<input type="checkbox"/> Pair of sandals/casual shoe<input type="checkbox"/> Warm Hat
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<p>In-camp clothing (can be used on-trail as well)</p> <ul style="list-style-type: none"><input type="checkbox"/> 3 pairs of shorts<input type="checkbox"/> 1 pair of pants<input type="checkbox"/> 4 shirts<input type="checkbox"/> 1 swimsuit<input type="checkbox"/> 6 sets of underwear<input type="checkbox"/> 6 pairs of athletic socks<input type="checkbox"/> Glasses/contacts

<p>On-Trail Equipment (All Trips)</p> <ul style="list-style-type: none"><input type="checkbox"/> Synthetic, lightweight sleeping bag (mummy style highly recommended)<input type="checkbox"/> Sleeping bag compression sack<input type="checkbox"/> Sleeping Pad<input type="checkbox"/> Non-breakable bowl and mug<input type="checkbox"/> Non-breakable cutlery set<input type="checkbox"/> Sunglasses (Polarized recommended)<input type="checkbox"/> 3-4 Heavy duty trash bags<input type="checkbox"/> 3-5 Gallon Freezer Ziploc bags<input type="checkbox"/> Quick dry camp towel (recommended, can use small bath towel)<input type="checkbox"/> Headlamp with spare batteries
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<p>In-camp Supplies</p> <ul style="list-style-type: none"><input type="checkbox"/> Pillow<input type="checkbox"/> Twin Sheet Set<input type="checkbox"/> Flip flops for shower/ beach use<input type="checkbox"/> Beach Towel<input type="checkbox"/> Bath Towel<input type="checkbox"/> Laundry Bag<input type="checkbox"/> Blanket (optional)<input type="checkbox"/> Bug Netting (optional)
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<p>Adventurer Specific Gear</p> <ul style="list-style-type: none"><input type="checkbox"/> Cycling Helmet<input type="checkbox"/> Reflective Safety Vest (cycling/running type)<input type="checkbox"/> Cycling Gloves<input type="checkbox"/> 1 liter sized water bottle<input type="checkbox"/> 2 water bottles that fit in bottle cages at least 24oz<input type="checkbox"/> 2-3 bungee cords (about 1')
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<p>Other Optional Items</p> <ul style="list-style-type: none"><input type="checkbox"/> Watch<input type="checkbox"/> Camera<input type="checkbox"/> Stationary, envelopes and stamps<input type="checkbox"/> Journal and pens/pencils<input type="checkbox"/> Books/cards<input type="checkbox"/> Gloves
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<p>Toiletries (for in-camp and on-trail use)</p> <ul style="list-style-type: none"><input type="checkbox"/> Toothbrush and toothpaste<input type="checkbox"/> Shampoo and conditioner<input type="checkbox"/> Soap/body wash<input type="checkbox"/> Sunscreen (at least SPF30)<input type="checkbox"/> Non-aerosol insect repellent<input type="checkbox"/> Lip Balm with SPF<input type="checkbox"/> Enough menstrual hygiene products for your session<input type="checkbox"/> Extra set of glasses/contacts<input type="checkbox"/> Travel Size toiletry bottles for trail (recommended)

What Not to Bring

- Snacks, soda, gum, or candy. Additionally, no food is allowed in the cabins.
- Any kind of knife, axe, or hatchet.
- Aerosol cans
- Electronics including cell phones, gaming systems, and e-readers.
- Cash (Parents or campers can turn cash into safekeeping on registration day.
- Lighters, matches, candles or fireworks
- Medications—ALL medications, **including over-the-counter and vitamins**, must be ordered through our online pharmacy.

If campers bring these items, staff will collect them for the session and return them at the end of camp.