



Adventurer Packing List

Please consider this packing list carefully and bring what is listed.

- The Adventurer Camper and Family Handbook contains detailed information on the specific *types* of clothing and gear required for being on trail. We also created a suggested gear list on Amazon that you [can access here!](#)
- Clothing and toiletries may be used for **both** in-camp and on-trail uses. Consider living simply and packing less.
- The gear that we recommend taking the most care and thought when selecting is the sleeping bag and its stuff sack (size, weight, packability, materials). Please see handbook for more details.

WE WILL PROVIDE:

- Tents
- Bikes
- Meals & Snacks

TRAIL CLOTHING:

- Warm hat (optional)
- Brimmed hat (for sun protection)
- Rain Pants
- Rain jacket
- Light synthetic/fleece jacket
- 4 sets underwear
- 2 synthetic shirts
- 2 pairs padded cycling shorts
- 1 pair pants
- 4 sets underwear
- Thermal base layer (top and pants)
- 1 cotton outfit (for evenings)
- 5 pairs athletic socks
- Sturdy closed-toe shoes
- Sandals or other off-trail shoes
- Cycling gloves
- Cycling helmet
- Reflective safety vest

IN-CAMP CLOTHING:

- 2 pairs shorts
- 1 pair pants
- 5 shirts
- Swimsuit
- 6 sets underwear
- 5-6 pairs athletic socks
- Glasses/contacts

IN-CAMP SUPPLIES:

- Pillow
- Twin sheet set
- Shower shoes
- Beach towel
- Bath towel
- Laundry bag
- Blanket (optional)
- Bug netting (optional)

TOILETRIES:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Sunscreen (SPF 30+)
- Insect repellent
- Lip balm with SPF
- Enough period products for your session
- Travel size biodegradable soap

TRAIL EQUIPMENT:

- Synthetic, lightweight** sleeping bag
- Sleeping bag compression sack
- Sleeping pad
- Non-breakable bowl and mug
- Non-breakable cutlery set
- Sunglasses (polarized recommended)
- 2-3 heavy-duty trash bags
- 3-5 gallon freezer ziploc bags
- Quick-dry camp towel
- Headlamp with spare batteries
- Camping pillow (optional)
- Extra set of glasses/contacts
- 1-liter water bottle
- 2 24-oz+ water bottles that will fit in bicycle bottle-holders
- 1-2 bungee cords (about 1 ft)

OPTIONAL ITEMS:

- Watch
- Camera
- Stationary, envelopes, stamps
- Journal and pens/pencils
- Books/cards

WHAT NOT TO BRING:

- Electronics: Cell phones, e-readers, radios, video games, anything with a screen (digital cameras okay) - If you bring a cell phone to camp, you will need to check it into safe keeping.
 - All snacks, sodas, or sports drinks: read more about the food policy in the handbook. No food allowed in cabins.
 - Cash: if you need cash for travel pocket money, you must check it into safekeeping.
 - Pocket knives, hunting knives, hatchets or axes
 - Lighters, matches, candles or fireworks
 - Aerosol cans for bug spray, hair spray or otherwise
 - Medications—ALL medications, **including over-the-counter and vitamins**, must be turned into the Health Team.
 - If you bring personal sports equipment, please work with your leader to properly store it safely at camp.
- If campers bring these items, staff will collect them for the session and return them at the end of camp.

My own self, At my very best, All the time