



Adventurer Packing List

- The [Adventurer Camper and Family Handbook](#) contains detailed information on the specific type of clothing and gear required on trail.
- Clothing and toiletries 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. Having an interior warm layer and an exterior rain layer is required to help keep your 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, packability, materials). Please [see handbook](#) for more details.
- Visit a local outdoor retailer to find the right hiking boots. [REI has a great guide](#) for picking the right pair.

WE WILL PROVIDE:

- Tents
- Backpacks
- Meals & Snacks

TRAIL CLOTHING:

(can be used in-camp as well)

- Warm hat
- Brimmed hat (for sun protection)
- Rain pants
- Rain jacket
- Light synthetic/fleece jacket
- 4 sets underwear
- 2 synthetic shirts
- 2 pairs quick-dry shorts
- 1 pair pants
- Thermal base layer (top and pants)
- 1 cotton outfit (for evenings)
- Swimsuit
- 2 pairs synthetic **hiking** socks
- 3 pairs athletic socks
- Broken-in** hiking boots
- Sandals or other off-trail shoes

WHAT NOT TO BRING:

- **Electronics such as smartphones, tablets, smartwatches, fitness trackers, e-readers, or other connected devices.** Digital cameras are OK. Any smartphone or connected device will be checked into safekeeping for the duration of the session.
- Snacks, sodas, or sports drinks. Because we have campers with severe food allergies, outside food, candy, and gum are not allowed.
- Pocket knives, hunting knives, hatchets, axes, lighters, matches, candles, or fireworks
- Aerosol cans for sunscreen, bug spray, hair spray, or other products
- All medications, **including over-the-counter and vitamins**, must be turned into the Health Team at check in. Please review our [2022 Health Policies](#) for more information.

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

IN-CAMP CLOTHING:

(can be used on trail as well)

- 4 pairs shorts
- 1 pair pants
- 5 shirts
- Swimsuit
- 6 sets underwear
- 2-3 pairs athletic socks

IN-CAMP SUPPLIES:

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

OTHER OPTIONAL ITEMS:

- Watch (no smartwatches)
- Camera (no smartphones)
- Stationary, envelopes, stamps
- Journal and pens/pencils
- Books/cards (no e-readers)
- Gloves

TRAIL EQUIPMENT:

- Synthetic, lightweight** sleeping bag
- Sleeping bag stuff sack
- Sleeping pad
- Unbreakable bowl and mug
- Unbreakable cutlery set
- Sunglasses (polarized recommended)
- 2-3 heavy-duty trash bags
- 3-5 1-gallon freezer ziploc bags
- Quick-dry camp towel
- Headlamp with spare batteries
- Camping pillow (optional)
- Extra set of glasses/contacts
- 2 1-liter water bottles

TOILETRIES:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Full-size and travel-size biodegradable soap
- Glasses/contacts
- Sunscreen (SPF 30+)
- Insect repellent
- Lip balm with SPF
- Enough period products for your session
- 15-20 3-ply procedure masks (surgical masks) or KN95s