



Backpacking [BAC]

Adventure Camp

Personal Equipment Check List



Clothing: There are items that will be left back at Camp when you go into the field.

- Duffel Bag**
- Jeans/shorts, T-shirt, socks, underclothing for fresh change
- clothes for sleeping ('pajamas')
- Toiletry Kit (shampoo; deodorant; etc.)
- Towel (washcloth)
- Shower shoes (*optional*)
- Sweatshirt (*optional*)

Hiking Footwear should fit well.
'Break-in' Hiking boots prior to Camp.

Clothing (wear in the field)

- 1 Cap or Hat
- 1 T-Shirt (Ranger or moisture-wicking)
- 1 pr. Pants, hiking or jeans
- 1 pr. Shorts or Convertible Pants
- 1 pr. **Boots** (or hiking shoes)
- 1 pr. **Socks** (hiking-type (NO cotton))
- 1 pr. Socks (liner) [Optional]
- 1 Neck Gaiter OR bandana (Optional)

Extra Clothing (packed in backpack)

- 1 Sweatshirt
- 1 Poncho Rain Coat (*optional*)
- 2 T-Shirt (Ranger or moisture-wicking)
- 4 underwear (boxer-brief)
- 1 pr. Sneakers (shoes)[wear at campsite]
- 4 pr. **Socks** (hiking-type (NO cotton))
- 1 Swim Trunks
- Bag for soiled clothing

Toiletry Kit [travel-size items] (zip-lock bag)

- Toothbrush & toothpaste (floss/picks)
- Soap (bar)
- Towel (small)
- Comb (Optional)
- Fingernail clipper (Optional)
- Toilet Paper (small roll w/o core)
- Body Powder (*GoldBond®)
- Lip Balm (*Chapstick® or *Carmex®)
- Insect repellent Sunscreen

Your Backpack is the *most important gear*. You will be carrying all your gear (with community supplies) in your backpack.

THINK OUNCES; NOT POUNDS.

(Add 6 pounds for community gear.)

Your pack should not weigh more than 25-33% of your body weight.

- Backpack** w/frame & waist belt [50-60 L]
- Tent, lightweight (can pair with another)
- Sleeping Bag (lightweight)
- 'old' Bed Sheet liner (Optional)
- Sleeping Pad (lightweight foam)
- Pillow (small) [or cloth bag for clothing]
- Water Bottle (32 oz. Nalgene®, wide-mouth)
- Cup, 10-12 oz. (with handle)
- 'Mess Kit' (fork; spoon; bowl)
- Bible (small)
- (2) #2 Pencils (wood)

Essentials [Survival] Kit

- Pocket Knife &/or Multi-Tool (small saw)
- Flashlight (additional flashlight optional)
- Compass (baseplate-type)[*Brunton® 7DNL]
- Whistle 'Survival' mirror (small)
- Matches & water-proof Container
OR Metal match (Magnesium fire-starter)
- Cordage (20 ft. rope/paracord) (Optional)
- Water Purification System (Optional)

First-aid Kit (zipper-lock bag)

- *NexCare® bandages; pads; tape
- Moleskin pads (blister protection)
- Antibiotic Ointment (optional)

OPTIONAL GEAR

- Sunglasses gloves
- Wristwatch
- Trekking poles or Hiking Staff

*Brand name for comparison; equivalent is acceptable.

NO electronic devices in the field. Phones may be secured at Camp Wilderness.