



Overnight Backpacking Packing List:

Footwear

- ☐ Hiking Shoes (must be closed toed) *Please walk/hike in your shoes multiple times/days before the trip to avoid painful blisters!
- ☐ Lightweight Sandals, to wear around camp

Personal Gear

A note about gear: *Pack light!* You will be carrying everything that you pack for five days, and the “little extra things” can really add up. If you want to pack something that is not on this list, ask yourself - “is this essential?” If yes, contact us and ask. If not, don’t pack it.

- ☐ Internal frame pack that is around 45L
 - ☐ All clothing and gear must fit into ONE bag - and still have ample space to carry group gear, food, and camp-kitchen items.
- ☐ Sleeping bag & Sleeping pad
 - ☐ There is a wide range of camping gear, but for this trip you will need a sleeping bag and pad that are *lightweight* and *compact* (must have a stuff sack, no “roll style” sleeping bags!). We recommend a sleeping bag that weighs 4 lbs or less; and a pad that weighs 1.5 lbs or less)
 - ☐ *If you need to borrow a sleep bag and sleeping pad please let us know as soon as possible*

Personal Care Items

- ☐ 1 Small Garbage Bag, for packing wet clothes or dirty shoes
- ☐ Travel Size Toiletries
 - ☐ Toothbrush & Toothpaste
 - ☐ Face/Body wipes
 - ☐ Hand Sanitizer
 - ☐ Lotion
 - ☐ Lip balm with SPF
 - ☐ Small container of bug spray (optional)



- ☐ Sunscreen 30 SPF minimum
- ☐ Medications
 - ☐ Personal Medications (OTC & prescribed)
 - ☐ Guardians must also submit a [Medication Administration Permissions Form](#)
 - ☐ Prescription Glasses or Contact Lenses (if needed)

Clothing

- ☐ 1 Insulating Base Layer, for the upper body (No Cotton)
- ☐ 1 Insulating Base Layer, for the lower body (No Cotton)
- ☐ 1 Fleece Pullover or Sweater
- ☐ 1 Insulated Jacket (Down Jacket Equivalent)
- ☐ 1 Rain Jacket
- ☐ 1 Light/Quick Dry Hiking Shirt (No Cotton)
- ☐ 1 Pair Comfortable Shorts or Pants, for hiking in (no denim or cotton! Quick-drying material is optional)
- ☐ 2-3 Pairs of Non-Cotton Socks (Wool is recommended)
- ☐ 1 Warm Beanie/Hat, in case of inclement weather
- ☐ Underwear
- ☐ Sunhat
- ☐ Sunglasses

Daily Necessities

- ☐ 2 Liters of Water
 - ☐ Either refillable bottles or bladder
- ☐ 2 Writing Utensils (1 Pen and 1 Pencil)
- ☐ Headlamp
- ☐ Travel Mug, for hot chocolate, cider, or tea
- ☐ 1 Light Weight Tupperware Container w/ Lid
- ☐ 1 Spoon

Optional Items

- ☐ 1 *Small* Journal
- ☐ Camera (No Cell Phones)