

Adventure Out Packing List

This program was created to help girls learn the fundamentals of primitive camping in a safe environment. Part of the program includes learning self-reliance and that means being responsible for their own gear. This packing list has the essentials for a week of hammock camping. Each girl will be required to carry in and out all of her own gear, so please pack accordingly. Staff will not be available to carry any gear for campers. It is recommended to pack all items in an internal or external frame backpack or duffle bag. There are a few packs available to borrow so please don't buy a new one. Please make sure your camper can lift and carry the packed bag for at least 0.5 miles. All hammocks and rain tarps will be provided.

<input type="checkbox"/> Rain jacket or poncho	<input type="checkbox"/> Towel for bathing AND for possible Free water activities	<input type="checkbox"/> Black Lawn-size Trash Bag- this lines the inside of the pack to protect from water
<input type="checkbox"/> Hat/Visor	<input type="checkbox"/> Toilet Tissue (at least 1 roll)	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Bug repellent (non-aerosol, please)	<input type="checkbox"/> Toiletries <input type="checkbox"/> Personal Wet Wipes	<input type="checkbox"/> Jeans or Long Pants <input type="checkbox"/> Shorts <input type="checkbox"/> T-shirts
<input type="checkbox"/> Dunk Kit in a mesh bag. (Plastic or metal: plate, bowl, cup/mug, spoon, fork, knife)- We have some available if needed	<input type="checkbox"/> Foam sleeping pad or Thermarest- style sleeping pad-If preferred	<input type="checkbox"/> Sweater, Hoodie or Jacket
<input type="checkbox"/> Flashlight or headlamp with extra batteries	<input type="checkbox"/> Whistle on a cord/lanyard	<input type="checkbox"/> Sleeping Bag (rated at least 40 degrees F)
<input type="checkbox"/> Internal or External Frame Backpack- We have plenty at camp	Swimsuit	<input type="checkbox"/> Hiking boots or trail shoes
<input type="checkbox"/> Closed-toed shoes for around camp. MUST have a heel strap. Sneakers are OK.	Day Pack	<input type="checkbox"/> Socks (pack extra pairs) <input type="checkbox"/> Undergarments <input type="checkbox"/> Pajamas <input type="checkbox"/>
<input type="checkbox"/> Closed-toed shoes for around camp. MUST have a heel strap. Sneakers are OK.	<input type="checkbox"/> Water bottle	<input type="checkbox"/> Bandana

Optional items: Compass, camera, notebook/journal, pens.