

# **AVID4 ADVENTURE OVERNIGHT CAMPS**

## **EXPEDITION BACKPACKING PACKING LIST**



**Program Details:** 6 Days/5 Nights

**Welcome to the Expedition Backpacking Program! The provided packing list serves as a simple guideline and suggestions to follow for your time at camp.** Please use your best judgment as to the number of items to consider based on the type of program and length of session that your child is enrolled in.

Label, label, label! Would you bring your luggage to an airport counter without a luggage tag? Of course not! Similarly, you would be amazed at how similar 100 sleeping bags and backpacks can look. PLEASE bust out your labeler, luggage tags, and/or masking tape with Sharpie and put labels on:

1. 100% of your child's items
2. The outside of their backpacks, duffel bags, sleeping bags, AND pillows

**PLEASE label with your camper's LAST NAME and FIRST NAME.**

Also, kindly leave junk food, candy, and other food items at home. Why? Well, for one... our team takes food seriously, and they want to fill your child with the right kind of energy. Also, there is a lot of wildlife at camp, and we want to appreciate them from a distance as opposed to in our campgrounds.

Since so many sleeping bags, backpacks, duffels, and pillows look-alike, PLEASE come to camp with your large items clearly labeled with your child's Last Name and First Name.

**Before You Pack: PLEASE MARK EVERYTHING WITH YOUR CAMPER'S NAME IN PERMANENT MARKER.** This is vital to the success of returning items to campers when items are lost!

Camping can be strenuous and the key to staying warm, dry, and comfortable is **layering**. Make sure that your camper has adequate and appropriate layers for changing conditions. Be aware of your personal preferences and needs when assembling your gear and select what to bring accordingly. Keep in mind that you will be **carrying it all**, and while it is best to be prepared, a lighter pack can make for a happier experience.

**UNLESS SPECIFICALLY NOTED, THESE ITEMS ARE REQUIRED.** We want our campers to be well prepared and safe during their expeditions for a variety of conditions. If you have any questions, please feel free to call your Camp Director to double-check.

**Weather** - Never underestimate the variability of weather, especially in the backcountry!. Daytime temperatures range from 30° – 100° F and higher, nights can be 50° less than a daytime high..

**The Essentials-** We are unable to rent the below items, but most are available for purchase on our [online store](#).

- **Backpack** - Minimum of 50 Liters. Fit is very important and should be the priority - this means using your Parents' or siblings' backpack may not work. We are here to answer questions if you have them!
- **Sleeping Bag** - The most practical bag is a mummy-style, three season bag with a temperature rating of 20 degrees or lower. Lightweight and packable sleeping bags make life better on a backpacking expedition.
- **Sleeping Pad** - Used beneath the sleeping bag for warmth and insulation.
- **Personal Hand Sanitizer**

**Outerwear**

- **(1) Rain Jacket and (1) Pants** - lightweight waterproof and breathable. Gore-Tex or similar product.
  - Please, no ponchos.
- **(1) Puffy Jacket for Warmth** - Down or Synthetic.
- **(1) Fleece jacket** - Warm, Light, Packable.

**Clothing – NO COTTON!** Below we've provided a suggested number of items to bring, however, it is merely a guide - bring more if you please. Cotton absorbs water and sweat which makes you colder. You lose heat through water (being cold & wet) 20X faster than air. Bring clothing that is fast drying and wicks away water such as nylon, fleece, wool, and similar synthetic products.

- **(1) Long-sleeved polypropylene top** - for sun, bugs, and another layer of warmth.
- **(1) Hiking shorts**
- **(1) Pants**- Quick-drying, lightweight. Zip-off pants are great.
- **(2) Wicking T-shirts** - Wool or synthetic ONLY! One for hiking, one for camp.
- **(3-5) Underwear** - Synthetic recommended. 2-3 pairs for hiking and 1-2 sacred pairs for camp.
- **(2-3) Wool hiking socks** - One sacred pair for camp/sleeping, the others for hiking.
- **(1-2) Sock liners, synthetic (optional)**
  - Often used to reduce blisters in new shoes or to increase the lifespan of your wool socks.
- **(1) Baseball cap or Sun hat with brim** - also used to keep mosquito head nets off of your face.
- **(1) Wool or fleece hat**
- **(1) Pair of Gloves** - For warmth and also mosquito/no-see-um protection (in place of bug spray)
- **(2) Bandana** - Incredibly useful to use as a "pee rag" for women (contact us with questions.)

### **Footwear**

- **Hiking Boots Required** - Preferably waterproof and **well broken in**. We will be carrying loads in which trail runners or other athletic shoes will not give adequate support and the trails are rocky and root covered! A sturdy boot that comes over the ankle. Leather or Gore-Tex with a Vibram sole. We cannot emphasize enough the importance of **breaking these hiking boots** in at least 2-3 weeks before the trip. This is to prevent new shoe blisters that often occur in the first days of an expedition and can make it difficult to enjoy hiking.
- **Sandals with heel strap, closed-toed** (for water & camp shoes, ex. Crocs).
- **Lightweight Gators (optional)** - Used for protecting your boots and lower legs when hiking in snow or brush.

### **Expedition Accessories**

- **(1) Headlamp with spare batteries** - Black Diamond headlamps are available at the camp store.
- **(2) Black Garbage Bags** - Used as a liner for backpacks to waterproof them.
- **(2) 32oz Nalgene/ Water Bottles** - Nalgene style bottles work best. Campers also can bring a Camelbak to use on hikes. If choosing to bring a Camelbak, **please bring at least (1) 32oz water bottle**.
- **Assorted Zip Lock Bags (optional)** - (for sorting clothing, gear, etc.)
- **(1) Sunglasses, polarized** - Campers will spend time every day outside, potentially at elevation. Make sure sunglasses have UV protection.
- **(1) Sunblock, min SPF 25 (small amount)**
- **(1) Insect repellent**
- **(1) Lip balm** (unscented with sunscreen)
- **(1) Bowl**
- **(1) Spork**
- **(1) Mug (optional)**
- **(1) Toothbrush & (1) trial-sized paste**
- **Stuff sacks** (for clothing, miscellaneous personal items)
- **Feminine Hygiene products if needed** - Contact Camp Director for additional questions.

**Optional Gear - we measure things in grams on backpacking trips!**

- Trekking poles
- Inflatable backpacking pillow
- Journal & pen
- Watch
- Digital/Disposable Camera
- Small paperback book (if you're a reader)

Avid4 Adventure is not responsible for lost or damaged items.

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**The Anti-Packing List – The Things to Leave at Home**

- Televisions
- Computers
- Cell phones
- iPods
- Make-Up
- Fireworks
- Expensive Watches and Jewelry
- Expensive Cameras
- Deodorant and Shampoo
- Knives
- Alcohol
- Tobacco/Vape Pens
- Drugs
- Money
- One-of-a-kind items such as special t-shirts, family treasures, pets.