

# **AVID4 ADVENTURE OVERNIGHT CAMPS**

## **EXPEDITION ROCK & ROLL PACKING LIST**



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

**Welcome to the Expedition Rock & Roll 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!

**What To Pack In:** One duffel bag and a sleeping bag are sufficient for packing for a one-week session of camp. Space is limited in our tents, pack with this in mind.

**Sleeping Bag and Sleeping Pad:** All campers should have a sleeping bag with a minimum rating of 20 degrees. A sleeping pad under the sleeping bag provides great insulation from the cold ground when camping out. Sleeping bags, pads, and other gear are available to purchase via our [online store](#).

**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. Be prepared for everything.

**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.

**Day Pack:** (book/school pack size) with the following, day to day, items in it:

- **Personal Hand Sanitizer**
- **2 Water Bottles**
- **Rain Coat**
- **Medium Weight Jacket** (warm-long sleeved fleece works best, non-cotton)
- **Wool or Fleece Hat** (recommended in CO)
- **Insect Repellent** (non-aerosol)
- **Sunscreen & Lip balm with SPF**
- **Baseball cap or bandana**
- **Sunglasses** (optional sunglass neck strap)
- **Flashlight/headlamp with extra batteries** (zip lock to protect it from water)
  
- **Feminine Hygiene products if needed**

**Clothing & Personal Items:** Avoid cotton clothing when possible. 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.

- **Puffy Jacket for Warmth-** Down or Synthetic
- **Fleece jacket or vest**
- **1 Long Sleeve Shirt** - non-cotton for layering and sun protection
- **T-Shirts** - synthetic ONLY! Some for biking, one for camp. No sleeveless, tank or tube tops for sun protection.
- **Hiking Pants** – comfortable, lightweight, and loose-fitting. Polyester or non-cotton fabric is best.
- **Long Pants** (Athletic wear, Sweatpants, etc)
- **Biking Shorts with padding**
- **Swim Suit** – appropriate for co-ed water activities with a shirt that can be worn in the water for sun protection
- **Pajamas or appropriate sleeping attire**
- **Underwear** (non-cotton)
- **Outdoor Socks (if possible)** – Wool or wool/poly socks for cool nights around camp
- **Sturdy closed-toed shoes** -Preferably waterproof and well broken in. The goal is to protect feet while on the trails, but hiking boots are not necessary given there will be minimal pack load. Trail runners or other athletic shoes will be enough support
- **Sandals with heel strap, closed-toed** (for water & camp shoes, ex. Crocs).
- **Towel**
- **Pillow**
- **Toothbrush/Toothpaste, Deodorant, Comb or brush**
- **Downtime Activities (optional): Sketch pad, journal, book, cards, camera, etc.**

#### **Biking and Climbing Gear (optional - we will have Avid gear available to use)**

- **Helmet** - Ensure proper fit and comfort! We also have helmets available for use at camp if necessary.
- **Bike** - If you bring your own bike, please ensure it is in proper working order and has been recently tuned by a bike mechanic. While our guides are knowledgeable, it requires a lot of time in the field to fix issues and this takes away from the group's ride time.
- **Shoes** - Our bikes have flat pedals so bring sturdy shoes with plenty of traction on the bottom, or if you prefer and have experience with clip-in pedals on your own bike, you can use those too.
- **Climbing** - Avid4 will provide helmets, harnesses, and rock shoes. But, please feel free to bring any personal gear so that you can practice with your own equipment.

#### **Expedition Accessories**

- **Labeled Laundry bag** (for dirty clothes)
- **Labeled Trash bag** (for wet clothes)

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

- |                                 |   |
|---------------------------------|---|
| ● Televisions                   | ● iPods   |
| ● Computers                     | ● Make-up   |
| ● Cell phones                   | ● Fireworks   |
| ● Expensive watches and jewelry | ● Money   |
| ● Expensive cameras             | ● One-of-a-kind items such as special t-shirts, family treasures, pets. |
| ● Knives                        |   |
| ● Alcohol, tobacco, drugs       |   |