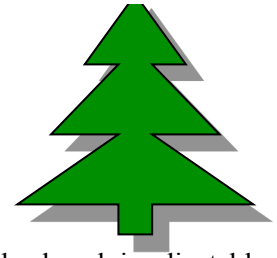


PACKING LIST FOR 4TH YEAR GIRLS AND LEADERS

(Refer to Camp Manual for more details)



CAMPING GEAR:

- Sleeping bag, p. 30 (compact 2-3 lbs. only) and thin foam pad (opt.)
- Tent to share (2-3 man)
- Frame backpack with straps to attach your sleeping bag and tent to it. Make sure the backpack is adjustable and comfortable prior to arriving at camp!
- Mess kit (cup, utensils, pie plate and something to boil water in, can use metal cup)
- Water, pp. 47 & 69 (recommended: 4 one liter bottles filled with water, can be plastic water bottles)
- 4 gallon size Ziplock bags—most of our trash will be packed out
- Matches—review p. 33 & 34 (in film container for waterproofing)
- Small flashlight or head lamp with **new batteries**
- *20 ft. small nylon cord for hanging bear bags

CLOTHING: (Use lightweight fabric if possible, denim not best choice)

- Good sturdy trail shoes or hiking shoes (already broken in)
- 1 pair below the knee shorts or lightweight long pants
- Lightweight jacket or sweatshirt
- Rain poncho or large plastic bag
- Hat, cap, or visor—to shield the sun from your face
- 2 pairs extra socks
- 1 pair of sleeping pants & long sleeve shirt
- 2 extra T-shirts
- Extra underwear
- Sunglasses (optional)
- Watershoes (optional)

FIRST AID: (small camper first aid kit – p. 46, 3rd column)

- Adhesive bandages
- Small roll adhesive tape
- 2X2 sterile gauze pads
- *Moleskin (for blisters)
- *Sunblock & chapstick
- *Insect repellant
- Whistle

TOILETRIES:

Handi-wipes (biodegradable)
Deodorant
*Toilet Tissue
Tampons/pads
Comb/brush/hairband
*Purell hand wash
Soap (for dishes & body)
Toothbrush, *toothpaste

How to Pack

Start with your sleeping bag in the bottom. Put the heaviest items like your clothing, food and cooking gear in the main compartment, keeping the weight close to your back, nearest your center of gravity. For men this tends to be higher and for women tends to be lower towards the small of the back. Pack fuel in outer pockets.

***Items that can be shared on hike so only one girl needs to carry**

WATER FILTER and BACKPACKING STOVE (if you have one please bring to share, Stake has a few)

OTHER ITEMS:

- Pocketknife (optional) p. 54
- Camera (optional)
- Compass (optional) p. 61

ITEMS TO BE PACKED SEPARATE AND SENT WITH WARD LEADERS:

- Camp Manual, scriptures, camp chair
- Clothing for the rest of the week & flip flops for the shower
- More comfortable air mattress, pillow, blanket etc.
- **DO NOT BRING: Electronics (Ipod, MP3 Player, etc.), cell phone, playing cards, or sandals**

BACKPACKS SHOULD BE PACKED (INCLUDING 4 LTRS OF WATER) AND READY TO GO SATURDAY. YOU WILL BE GIVEN FOOD BAGS THAT DAY, AND ANY OTHER EQUIPMENT TO CARRY. LOADED PACKS SHOULD WEIGH AROUND 30LBS OR LESS.