

PACKING LIST FOR 4TH YEAR GIRLS AND LEADERS
Items for the 2016 hike

Refer to Camp Manual for more details



CAMPING GEAR:

- Sleeping bag, *p. 30* (compact, 2-3 lbs) 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, *p. 47 & 69* (recommended: 4 one liter bottles filled with water, can be plastic water bottles)
- 4 gallon size Ziploc 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

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.

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 repellent
- Whistle

TOILETRIES:

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

***Items that can be shared on hike so only one girl of the tent buddies needs to carry**

Bathroom Shovel

Water Filter,

BACKPACKING STOVE

Optional Items:

- Pocketknife, Camera

Do NOT Bring

- Ipod, MP3 Player, cell phone, playing cards, or sandals

Send to Base Camp with Someone Else

- camp Manual, scriptures, all other clothes, secret sister stuff, etc

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

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