

## **Gear List**

- Backpack or gear bag
- Tent (coordinate sharing if needed)
- Sleeping bag (rated ~0°–20°F — nights can get cold)
- Sleeping pad or air mattress (critical to stay warm at night)
- Pillow (or stuff sack with clothes)
- Underwear
- 3 pairs socks
- 2–3 T-shirts (moisture-wicking preferred)
- 1–2 long-sleeve shirts
- 1 warm jacket (fleece or insulated)
- 1 waterproof jacket (rain shell)
- 2 pairs pants/shorts
- Sleep clothes
- Hat (sun + warm beanie)
- Sturdy shoes/boots (already broken in)
- Camp shoes (sandals or slip-ons)
- Toothbrush & toothpaste
- Biodegradable soap
- Small towel
- Deodorant
- Sunscreen (SPF 30+)
- Lip balm (with SPF)
- Bug spray
- Hand sanitizer
- Toilet paper (VERY important)
- Wet wipes (for quick cleaning)
- Personal medications
- Trash bag
- Water bottle or hydration pack
- Mess kit (bowl/plate, cup)
- Utensils (spoon/fork)
- Tent Treats
- Headlamp or flashlight (with extra batteries)
- Pocketknife (if allowed and supervised)
- Whistle
- Small first aid kit (band-aids, blister care)
- Backpack rain cover or trash bag liner
- Grungy clothes that can get stained and oily (for service project)

## **Optional but Recommended**

- Camp chair (lightweight)
- Notebook/journal & pen
- Book or card games
- Fishing gear