

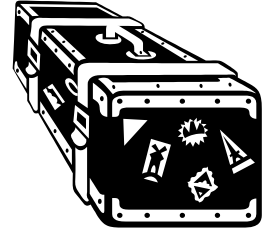
Trekker Trips Packing List

Participants in wilderness adventure programs should pack in a large duffel bag, footlocker or backpack. The items on this list cover everything that will be needed for all components of your program. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum.

Please mark all of your belongings with your first and last name.

All Wilderness Adventure Participants should pack:

- Sleeping Bag & Stuff Sack
 - Synthetic & rated to 20 or 30 degrees & must stuff to a small size that can be easily carried
- Long Underwear top and bottom.
 - **Do Not bring cotton!** It will not keep you warm when wet.
 - Polypropylene is the best fabric for warmth and comfort.
- 1 Day pack
 - This should be a school book size backpack
 - It should be large enough to hold rain gear, extra clothes, sunblock, water bottle, and lunch.
- 2 Water bottles (32 oz. Nalgene bottles are best.)
- 1 rain poncho or rain jacket/pants combination
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a pack on. Ponchos cannot be used on rafting trips for safety reasons.
- 1 fleece jacket or wool sweater
- 1-2 pair sweatpants or fleece pants
- 2-3 pairs long pants (jeans, etc.)
- 2-3 pairs shorts
- 1 pair tennis shoes
- 3 pair thick hiking socks/3 pairs cotton socks
- 6-10 pairs underwear
- 2-3 long sleeve shirts
- 4 t-shirts (no sleeveless, tube or tank tops)
- Winter hat (stocking cap works well)
- Baseball hat
- Swimming suit
- Towel & wash cloth
- Laundry bag
- Small flashlight or headlamp
- Sunblock, chapstick, insect repellent
- Toiletries (toothbrush/paste, etc.)
- Lightweight gloves & small pillow (airplane size)
- Sunglasses with a retainer strap; retainer strap for eyeglasses



Wind River Mountains and Hike to Climb Program Participants Must Also Bring:

- Hiking Boots
 - You will wear these for most of the time you are at camp. They must be comfortable and sturdy.
Wear them a lot before camp so that they will be broken in.

Surf & Turf/Orkila Kayaking Program Participants Must Also Bring:

- Hiking Boots (see above)
- Teva style sandals or shoes that can get wet
- Extra** swim suit and shorts
- Long-sleeved lightweight white shirt or rashguard

Boundary Waters Program Participants Must Also Bring:

- Boots (**THAT CAN GET WET!**)
 - Over the ankle, canvas, nylon or leather, hiking or hunting boots
- Long-sleeved flannel or chamois shirt
- Insect repellent

Optional Items for ALL Adventure Program Campers:

- Insulated mug with a tight cover
- Camera (inexpensive, disposable one, labeled with name)
- Paper, envelopes, and stamps; journal/book/musical instrument
- Your own frame backpack if you wish to use it (CCO supplies one, if not)
- Your own sleeping pad if you wish to use it (CCO supplies one, if not)

DO NOT BRING the following items:

- Drugs, alcohol or tobacco. *
- Knives or guns.
- Expensive items that are not required for the trip.
- Radios, cell phones, mp3 Players, walkmans, iPods, Discmans, cd's, or electronic games.
- Spending money (except campers arriving by plane)

**Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home early, without refund, at the parent's expense.*