

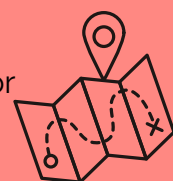
JMG Large Bag Packing List

- 55-70-liter internal frame backpack (youth) or backpack (womens) with adjustable shoulder straps, chest strap and padded hip belt that fits snug on hips.



The Following should fit inside:

- Sleeping bag (synthetic preferred, NO Cotton, rated 20-30 degrees F)
- Compression stuff sack with straps to minimize the size of your sleeping bag.
- Sleeping pad (closed foam or self-inflating air) for insulation from the ground and comfort.
- Camp pillow (Optional.) A small inflatable or non-inflatable camp pillow purchased from an outdoor store is allowed (not a regular bed pillow.)
- Water shoes with straps. Keen and Chaco are appropriate
- Camp shoes- these can be Crocs or tennis shoes. These are used almost daily during camp but should be closed-toe.
- Backpacking Boots- These should have ankle support. We will be in areas that are rocky and have many roots while carrying up to 20% of body weight.
- 4 pairs lightweight wool blend trail-hiking socks. No cotton socks. You may bring one heavier pair for sleeping
- 7 pair underwear.
- 3-4 sport bras.
- 1 mid-weight long underwear bottom (base layer, NO cotton.)
- 1 mid-weight long underwear top (base layer, NO cotton.)
- 1 swim suit
- 4 T-shirts (ideally synthetic, but, can be cotton.)
- 2 loose-fitting shorts, NO Cotton.
- 1 long sleeved UV protection sun shirt. We love a good sun hoodie!
- 1 non-cotton pant (no jeans). Quick-dry zip-off to shorts style "convertible" pants work great.
- 1 waterproof rain pant (It's very important for keeping warm and dry and happy at camp.)
- 1 waterproof hooded rain jacket. (it's very important for keeping warm, dry, and happy at camp.)
- 1 warm synthetic fleece or insulated jacket.
- 1 warm medium weight synthetic fleece pant.
- PJ's and a Town/Travel Outfit (Optional.) (Town/Travel Outfit is typically worn to camp)
- 1 brimmed hat for sun protection (baseball caps work fine.)
- 1 beanie style warm hat for cold nights and mornings (merino wool blend or synthetic fleece, NO cotton.)
- 1 mosquito headnet (Optional, Recommended)
- 1 light or mid-weight hand/glove liners for cold nights and mornings (NO cotton.)
- 1 medium sized pack towel (synthetic, NO cotton. A 12" x 23" size approx should be fine, go with one size larger if you like, smaller/lighter is better for backpacking trips.)
- Cloth or mesh laundry bag



JMG Small Bag Packing List

- **Select a 20-30L day-pack backpack with shoulder straps** and pack the following items in it...
- **Mess Kit:**
 - a mesh dunk bag that (select a size that your mess kit fits in)
 - 12 oz. insulated travel mug with lid (for backpacking meals and hot drinks),
 - Unbreakable medium-sized plate and bowl (a Tupperware bowl with fitted lid used as a plate works well),
 - Utensil set (made for camping style work best, but any will do.)
- **1-2 travel-size Purell waterless hand sanitizers (alcohol-based is best.)**
- **Personal Toiletry Kit**
 - toothbrush and toothpaste
 - brush and hair ties for those with long hair
 - Sunscreen (minimum SPF 30)
 - chapstick with sunscreen
 - insect repellent (no spray cans and we suggest 100% DEET products for short term use),
 - Tampons and/or pads
 - Deodorant
 - Small shampoo/conditioner (4 oz)
 - Small bottle bio-degradable soap. (4 oz or less)
- **4 large Ziploc bags are used for personal garbage and protecting things in case of rain.**
- **2 unscented 30-40 gallon contractor trash bags are used for lining backpacks in case of rain.**
- **2 bandanas**
- **Small headlamp with extra batteries (preferably with a redlight setting).**
- **Whistle on a string (not needed if both packs have one on sternum strap)**
- **1 pair of sunglasses with strap (optional but recommended)**
- **2- Water bottles with a screw-on lid (we like 32 oz Nalgene or Smartwater Bottles, No Metal)**
- **2 all-purpose carabiners**
- **Eyeglasses or contacts if needed with a solution.**
- **1 notebook and pencils/pens**
- **Homestudy materials-sent after registration**
- Reading books, Camp Games or Deck of Cards (Optional)
- Camera with protective case, extra batteries, memory cards, or film. (Optional.) Note: Cell phones with camera functions may not be used, the camera MUST be separate from a cell phone.
- **JMG Specific Gear**
 - Baseplate Compass- we like Suunto and Silva
 - Paracord
 - Work gloves- leather or synthetic
- **Ziploc #1 (labeled with camper name)**
 - Outside Contract Waivers signed by guardians
 - Pre-written letters that can be distributed during our adventure (optional and only a few with family photos to share is great fun for all).
 - No more than \$100 spending money for town day or souvenirs, \$20 in quarters for laundry
 - Printed off airline/bus/train confirmation and ID (if traveling)
 - Credit/Debit Card for return for airline baggage fee and unaccompanied minor ticket on return flight if you are unable to pay in advance. (if traveling)
 - Camper Cell Phone (with wall charger) (if traveling) This will be turned off during camp.
- **Ziploc #2 (labeled with camper initials)**
 - Medications. "Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Bring enough medication to last the entire time. Medication brought must be in original pharmacy containers with labels that show the camper's name and how the medication should be given. If you are or think you may be severely allergic to bee/wasp stings or foods or plants that would require immediate medication, You are required to bring your own self-injecting Epi-pen. As a safety precaution, all medications (including aspirin) are collected at the start of the trip and administered as required or needed.
 - Note for those bringing inhalers: two inhalers are required, one can be kept in the possession the camper with the prescription, the other will be kept in the possession of our staff.

