

Large Bag Packing List

- 50-70 liter internal frame backpack (youth) or backpack (womens) with adjustable shoulder straps, chest strap and padded hip belt that fits snug on hips. **(Explorers Only- these campers can use a duffel for their large bag)**



The Following should fit inside:

- Sleeping bag (synthetic preferred, NO Cotton, rated 20-40 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 Brands,
- Camp shoes- these can be Crocs or tennis shoes. These are used almost daily during camp but should be closed-toe.
- Shower shoes- these can be any kind of easy shoe for the showers.
- Lightweight hiking footwear- These don't have to be boots but shouldn't be Converse. These should be worn-in before you arrive.
- 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.)

