

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 (bring a few just in case)
 - 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 trash bags are used for lining backpacks in case of rain.**
- **1 bandana.**
- **Small headlamp (or lightweight flashlight) with extra batteries.**
- **Whistle on a string (not needed if both packs have one on sternum strap)**
- **1 pair of sunglasses (optional but recommended)**
- **2- Water bottles with a screw-on lid (we like 32 oz Nalgens or Smartwater Bottles, No Metal)**
- **1 all-purpose carabiner**
- **Eyeglasses or contacts if needed with a solution.**
- **1 small travel-sized notebook and pencil**
- 1 reading book (Optional)
- Music list to share with the group (Trip Leaders can make a playlist on their devices.) (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.
- **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
 - 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.

