

## Adventures In Leadership Packing List

**CLOTHING LISTS:** It is necessary for each individual to have appropriate clothing and personal items for both the Camp and Backpacking segments of the experience. Please note again the following two lists for your planning.

### **CLOTHING AND ITEMS NEEDED FOR BASE CAMP SESSION:**

You will be spending two days at camp before you go on trail. You will want to pack cloths for these days, remember to look at the weather before you come and base your packing off of that report. You will also want a clean pair of cloths to change into when you return to camp after the backpacking/kayaking portion of the trip. You will want to bring items shower on Friday night, including a towel, shampoo and soap.

### **SUGGESTED BACKPACKING TRIP CLOTHING and PACKING LIST**

1pr. light cotton or nylon pants for hiking (No jeans or sweat pants)

1pr. shorts

3pr. wool socks

2 T-shirts

1 long sleeve shirt

1 warm top such as a fleece

1 pair of sturdy hard soled hiking boots, remember to wear these in before coming

1 pair of shoes for around camp, these can be Chaco's, tevas, tennis shoes

Modest swim suit & small or backpacking towel

Bandanna or Hat

Winter Hat

Sunscreen lotion

Bug dope

Personal hygiene stuff

Small Bible and pencil

Sleeping bag (small, packable bags recommended)

Headlamp or small flashlight

Set of clean clothes and towel to be used after completion of trip

Camera (optional)

Water bottle and...

**RAIN GEAR: Jacket and pants. No ponchos.**

**Any electronics such as phones will not be brought on trail but stored in a locked room at camp**