



# Expedition Camp Packing List

Below you will find our recommended packing list of what to wear or bring to camp in order to be prepared and safe. There is no need to buy all new clothing or gear for camp. We recommend that your child wear comfortable, well used clothing; this is especially important for hiking boots. Synthetic gear and wool socks tend to do best in our active camp setting. **Please write your camper's name on everything that you send to camp.**

- Daypack** – backpack with good shoulder straps, a hip strap, and large enough to carry all of the camper's belongings

## In Daypack:

- Lunch** – Pack a large, healthy meal, avoiding candy and soda. We encourage the use of reusable containers.
- 2 Additional Snacks** – We encourage the use of reusable containers.
- Reusable Water Bottles** or **Camelbak** – 3-liter minimum
- Sunscreen** – siblings in different camp groups need their own bottle
- Extra layer**
- Jacket**
- Rain jacket**
- Winter hat**
- Gloves**

## On Camper:

- Comfortable clothes**
- Worn-in hiking boots** or **hiking shoes**
- Ball cap** or **bucket hat**
- Sunglasses**

*continued*





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Personal Gear for the Campout for GIRL Power, Peaks & Paddles, and Mountain (pack in a separate duffel bag or backpack):

- Sleeping Bag
- Sleeping Pad – a yoga mat or additional blanket will also work for this
- Pillow
- Personal toiletries
- Warm pajamas
- Comfortable sneakers to wear around camp
- Headlamp or flashlight
- Non-perishable lunch for Friday

GIRL Power Extras:

- Wednesday:** longer shorts or leggings for climbing
- Thursday:** personal gear for the campout (see above)
- Friday:** bathing suit, shorts, shorts and rash guard (if desired), towel

Peaks & Paddles Extras:

- Tuesday:** bathing suit, shorts, shorts and rash guard (if desired), towel
- Wednesday:** longer shorts or leggings for climbing
- Thursday:** personal gear for the campout (see above)
- Friday:** bathing suit, water shoes or sandals with a back strap, towel, change of clothes

Water Adventures Extras:

- Monday:** bathing suit, shorts, shorts and rash guard (if desired), towel, change of clothes
- Tuesday:** closed toe water shoes or sneakers/boots that can get wet, change of dry shoes
- Wednesday:** bathing suit, shorts, shorts and rash guard (if desired), towel, change of clothes
- Thursday:** bathing suit, shorts, shorts and rash guard (if desired), towel, change of clothes
- Friday:** bathing suit, water shoes or sandals with a back strap, towel, change of clothes

Mountain Adventures Extras:

- Tuesday:** longer shorts or leggings for climbing
- Thursday:** longer shorts or leggings for climbing AND personal gear for the campout (see above)