

## HIKING CAMP 2025 PACKING LIST

### Clothing

- 1 PAIR BROKEN-IN SHOES/HIKING BOOTS (RUNNERS MAY GET RUINED)
- 4 PAIRS SOCKS (HIGH WICKING MATERIAL SUCH AS WOOL)
- 1 WARM SHIRT (LONG SLEEVE, WOOL)
- 1 COOL AND LIGHT SHIRT (GYM SHIRT)
- 1 WARM SWEATER (FLEECE OR WOOL) OR DOWN JACKET/VEST
- 1 LIGHT RAIN JACKET
- 1 PAIR HIKING PANTS (NOT JEANS, LIGHT WEIGHT, FAST DRYING, TIGHT WEAVE)
- 1 PAIR LIGHT SHORTS
- 1 PAIR LONG JOHNS
- 1 TOQUE AND 1 PAIR THIN GLOVES
- CROCS OR SANDALS

### Other Necessities

- HEADLAMP WITH *new* BATTERIES
- MUG AND SPOON (PLASTIC OR METAL)
- 1-2 REUSABLE NON-INSULATED WATER BOTTLES (TOTAL CAPACITY: 1.3-2L)
- SMALL BIBLE
- TOOTHBRUSH & TRAVEL TOOTHPASTE
- TOILET PAPER (1/2 ROLL IS BEST)
- SMALL BOTTLE OF HAND SANITIZER
- DEODORANT
- ANY NEEDED MEDICATIONS OR FEMININE HYGIENE PRODUCTS

### Optional Equipment

- Hiking backpack (available to use)
- Sleeping bag (available to use)
- Sleeping pad (available to use)
- THIN NYLON SOCKS (HELP WITH BLISTERS)
- LIGHT PAJAMAS
- HIKING POLES
- KNIFE
- SMALL TOWEL (SUCH AS SHAMMY)
- SMALL CAMERA
- SUNGLASSES OR BALL CAP
- SUNSCREEN AND BUG SPRAY (NON-AEROSOL)
- SWIMSUIT/TRUNKS (ONE-PIECE, LADIES)
- INFLATABLE PILLOW (FOLDED CLOTHES WORK)
- COMPASS

### Do NOT bring... it will be provided

- TENT
- FOOD (3 MEALS/DAY & SNACKS)
- EMERGENCY KIT/SPARE CAMPING GEAR
- HATCHET/MACHETE (SAWS WILL BE PROVIDED FOR FIREWOOD)
- LARGE CAMERA (PHOTOS WILL BE SHARED AFTER CAMP)
- COOKING SUPPLIES OR STOVE
- MATCHES AND LIGHTER

### Do NOT bring... you don't need it

- PHONE OR ANY ELECTRONIC DEVICE, INCLUDING SMART WATCHES (CAMP POLICY)
- CIGARETTES (SMOKING STRICTLY PROHIBITED)
- JUNK FOOD
- BOOKS (OTHER THAN SMALL BIBLE)
- MAKE-UP, PERFUME, COLOGNE, SHAMPOO, CONDITIONER
- JEWELRY
- PILLOW
- PORTABLE CHARGERS
- FLASHLIGHT (HEADLAMPS ARE MORE PRACTICAL)
- LARGE TOWEL
- COTTON & DENIM CLOTHES (THEY ARE HEAVY AND TAKE A LONG TIME TO DRY)
- EXTRA CLOTHES
- HEAVY JACKET
- ANYTHING YOU WOULD NOT WANT LOST OR DAMAGED (E.G., BEST CLOTHES)

\*If you have questions about packing, please have them ready 1-2 weeks before camp as you will receive a call from the director.

\*All packs will be checked through before heading out on the trail to ensure only necessities are being packed (it gets heavy).