



# Packing List

## Must Bring (Everyone)

- **100-150L duffle bag** (low cost bags can be found on [amazon](https://www.amazon.com)) - no garbage bags
  - **Reusable water bottle or small hydration pack** (32–64 oz)
    - Water will be trucked in to camp site to refill bottles
  - **Daypack** (small, comfortable backpack, can be same as hydration pack)
  - **Portable camp chair**
    - **Please no rocking chairs/recliners.** Youth will need to carry the chair short distances between activities
  - **Good hiking shoes** (broken in)
  - **Socks** (4–5 pairs, hiking/wool preferred)
  - **Modest hiking clothes** (3 outfits including long pants)
  - **Warm jacket** (hoodie or fleece)
  - Warm pajamas (overnight lows in the 30s)
  - **Rain jacket / poncho**
  - **Hat** (sun protection)
  - **Headlamp or flashlight** (we will be doing a night hike and each youth will need this)
  - **Sleeping bag** (overnight lows in the 30s)
  - **Sleeping pad + Pillow** (no cots)
  - **Toiletries:** toothbrush, toothpaste, deodorant, wipes, feminine hygiene products
  - **Personal medications** (in original bottle if possible)
- 

## Clothing (Suggested)

- **3-4 shirts** (athletic/breathable)
  - **2-3 pants/shorts** (hiking-friendly)
  - **Warm pants** for evenings
  - **Pajamas**
  - **Jacket** or fleece (nights can get chilly)
  - **Extra underwear**
  - **Socks**
  - **Hat**
  - **Rain layer**
-

## Personal Items (Suggested)

- **Plastic bags** (for wet/dirty clothes)
  - **Camp Towel** (small quick-dry)
  - **Chapstick**
  - **Hand sanitizer**
  - **Deodorant**
  - **Sunscreen**
  - **Bug Spray**
  - **Feminine hygiene products**
  - **Sunglasses**
- 

## The Stake and Wards will Supply

- All food, snacks, and water (please don't bring personal snacks)
  - A Journal/Pen
  - Hoodie
  - Tents
  - First Aid Care
  - Toilet Paper
- 

## Do NOT Bring

- **Phone or electronic devices**
- **Headphones**
- Food or snacks (we are in bear country)
- Knives/weapons/fireworks
- Speakers/loud music
- Expensive items you don't want to lose

## Special Accommodations

- Allergies were noted in the registration process.
- For severe food allergies, youth will be asked to bring their own food which will be transported and stored with the food trailers. A refrigerated truck will be onsite to keep food cold.
- Please help your youth prepare for the hike. We are hiking 13 miles over 4 days and have broken the hiking segments into manageable sections. Those with physical limitations may be accommodated, but we encourage all youth to prepare. Youth should be able to handle a 4 mile walk at a brisk pace.