



Packing List

Must Bring (Everyone)

- **Reusable water bottle or hydration pack** (32–64 oz)
 - **Daypack** (small, comfortable backpack, can be same as hydration pack)
 - **Good hiking shoes** (broken in)
 - **Socks** (4–5 pairs, hiking/wool preferred)
 - **Modest hiking clothes** (2–3 outfits)
 - **Warm layer** (hoodie or fleece)
 - **Rain jacket / poncho**
 - **Hat** (sun protection)
 - **Headlamp or flashlight**
 - **Sleeping bag** (overnight lows in the 30s)
 - **Sleeping pad** (or small air pad)
 - **Foldable camp chair**
 - **Toiletries:** toothbrush, toothpaste, deodorant, wipes, feminine hygiene products
 - **Personal medications** (in original bottle if possible)
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Clothing (Suggested)

- **2–3 shirts** (athletic/breathable)
 - **1–2 pants/shorts** (hiking-friendly)
 - **Warm pants** for evenings
 - **Pajamas**
 - **Light jacket** (nights can get chilly)
 - **Extra underwear**
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(Continued on Page 2)

Personal Items (Suggested)

- **Small notebook + pen**
- **Plastic bags** (for wet/dirty clothes)
- **Camp Towel** (small quick-dry)
- **Chapstick**
- **Hand sanitizer**
- **Deodorant**
- **Feminine hygiene products**

Optional (Nice to Have)

- Sunglasses
 - Small camp chair
 - Blister care (moleskin, bandaids)
 - Small pillow
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The Stake and Wards will Supply

- All food and snacks (please don't bring personal snacks)
 - A Book of Mormon
 - Sunscreen
 - Bug Spray
 - Tents
 - First Aid Care
 - Water
 - Toilet Paper
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Do NOT Bring

- **Phone or electronic devices**
- **Headphones**
- Knives/weapons/fireworks
- Energy drinks
- Speakers/loud music
- Expensive items you don't want to lose