

AVID4 ADVENTURE OVERNIGHT CAMPS

EXPEDITION STAFF-IN-TRAINING PACKING LIST



PROGRAM DETAILS: 13 DAYS/12 NIGHTS

Welcome to the Expedition SIT Program! The provided packing list serves as a *simple guideline and suggestions* to follow for your time at camp. Please use your best judgment as to the number of items to consider based on the type of program and length of session that your child is enrolled in.

Label, label, label! Would you bring your luggage to an airport counter without a luggage tag? Of course not! Similarly, you would be amazed at how similar 100 sleeping bags and backpacks can look. PLEASE bust out your labeler, luggage tags, and/or masking tape with Sharpie and put labels on:

1. 100% of your child's items
2. The outside of their backpacks, duffel bags, sleeping bags, AND pillows

PLEASE label with your camper's LAST NAME and FIRST NAME.

Also, kindly leave junk food, candy, and other food items at home. Why? Well, for one... our team takes food seriously, and they want to fill your child with the right kind of energy. Also, there is a lot of wildlife at camp, and we want to appreciate them from a distance as opposed to in our campgrounds.

Since so many sleeping bags, backpacks, duffels, and pillows look-alike, PLEASE come to camp with your large items clearly labeled with your child's Last Name and First Name.

Before You Pack: PLEASE MARK EVERYTHING WITH YOUR CAMPER'S NAME IN PERMANENT MARKER.

This is vital to the success of returning items to campers when items are lost!

What To Pack In: We recommend that you pack gear needed for their backpacking trip in a backpacking pack and the remainder of their gear in a duffel bag. Some of the gear is redundant between the two portions of the trip, don't feel like you need to duplicate everything. Please know that they **WILL NOT** have access to wash clothes between the first and second week of their trip, so pack accordingly. They can leave their unused gear in their trailers during the backpacking portion.

Backpack - Minimum of 50 Liters. Fit is very important and should be the priority - this means using your Parents' or siblings' backpack may not work. We are here to answer questions if you have them!

Sleeping Bag and Sleeping Pad: All campers should have a sleeping bag with a minimum rating of 20 degrees. A sleeping pad under the sleeping bag provides great insulation from the cold ground when camping out. Sleeping bags, pads and other gear is available to purchase via our [online store](#).

Weather - Never underestimate the variability of weather, especially in the Rocky Mountains!. Daytime temperatures range from 30° – 90° F and higher, nights can be 50° less than a daytime high. Expect rain, snow, and sunshine.

Notepad/ Journal -the goal of this program is to prepare campers to serve in youth focused programs in the future. They will experience many lessons and reflection times during their two week expedition. To help them soak up as much learning and apply it in the future, we require each student to come with something to write in as well as a writing utensil.

UNLESS SPECIFICALLY NOTED, THESE ITEMS ARE REQUIRED. We want our campers to be well prepared and safe during their expeditions for a variety of conditions. If you have any questions, please feel free to call your Camp Director to double-check.

Mask - we are requiring that all campers bring their own mask for their trip. Please ensure that you pack at least 2 masks that are comfortable and washable for your camper in addition to personal hand sanitizer.

First Week/Backpacking Portion:

Outerwear

- **(1) Rain Jacket and (1) Pants** - lightweight waterproof and breathable. Gore-Tex or similar product.
 - Please, no ponchos.
- **(1) Puffy Jacket for Warmth** - Down or Synthetic.
- **(1) Fleece jacket** - Warm, Light, Packable.

Clothing – NO COTTON! Below we've provided a suggested number of items to bring, however, it is merely a guide - bring more if you please. Cotton absorbs water and sweat which makes you colder. You lose heat through water (being cold & wet) 20X faster than air. Bring clothing that is fast drying and wicks away water such as nylon, fleece, wool, and similar synthetic products.

- **(1) Long-sleeved polypropylene top** - for sun, bugs, and another layer of warmth.
- **(1) Hiking shorts**
- **(1) Pants**- quick-drying, lightweight. Zip-off pants are great.
- **(2) Wicking T-shirts** - wool or synthetic ONLY! One for hiking, one for camp.
- **(3-5) Underwear** - Synthetic recommended. 2-3 pairs for hiking and 1-2 sacred pairs for camp.
- **(3) Wool hiking socks** - One sacred pair for camp/sleeping, the others for hiking.
- **(1-2) Sock liners, synthetic (optional)** - often used to reduce blisters in new shoes or to increase the lifespan of your wool socks.
- **(1) Baseball cap or Sun hat with brim** - also used to keep mosquito head nets off of your face.
- **(1) Wool or fleece hat** - An absolute necessity.
- **(1) Pair of Gloves** - For warmth and also mosquito/no-see-um protection (in place of bug spray)
- **(2) Bandana** - Incredibly useful to use as a "pee rag" for women (contact us with questions.)

Footwear

- **Hiking Boots Required** - Preferably waterproof and **well broken in**. We will be carrying loads in which trail runners or other athletic shoes will not give adequate support and the trails are rocky and root covered! A sturdy boot that comes over the ankle. Leather or Gore-Tex with a Vibram sole. We cannot emphasize enough the importance of **breaking these hiking boots** in at least 2-3 weeks before the trip. This is to prevent new shoe blisters that often occur in the first days of an expedition and can make it difficult to enjoy hiking.
- **Sandals with heel strap, closed-toed** (for water & camp shoes, ex. Crocs).
- **Lightweight Gators (optional)** - Used for protecting your boots and lower legs when hiking in snow or brush.

Optional Gear - we measure things in grams on backpacking trips!

- **Trekking poles**
- **Inflatable backpacking pillow**
- **Watch**
- **Digital/Disposable Camera**
- **Small paperback book** (if you're a reader)

Second Week/Car Camping Portion:

Day Pack: (book/school pack size) for the 2nd week of their expedition with the following, day to day, items in it:

- **2 Water Bottles**
- **Rain Gear** (raincoat and rain pants - please NO ponchos)
- **Medium Weight Jacket** (warm-long sleeved fleece works best, non-cotton)

- **Wool or Fleece Hat**
- **Insect Repellent** (non-aerosol)
- **Sunscreen & Lip balm with SPF**
- **Baseball cap or bandana**
- **Sunglasses** (optional sunglass neck strap)
- **Flashlight/headlamp with extra batteries** (zip lock to protect it from water)

Clothing & Personal Items: Avoid cotton clothing when possible. Cotton absorbs water and sweat which makes you colder. You lose heat through water (being cold & wet) 20X faster than air. Bring clothing that is fast drying and wicks away water such as nylon, fleece, wool, and similar synthetic products.

- **Puffy Jacket for Warmth-** Down or Synthetic
- **Fleece jacket or vest**
- **1 Long Sleeve Shirt** - non-cotton for layering and sun protection
- **T-Shirts** - a few should be non-cotton shirts for activities. No sleeveless, tank or tube tops for sun protection.
- **Hiking Pants** – comfortable, lightweight, and loose fitting. Polyester or non-cotton fabric is best.
- **Shorts** - quick drying
- **Long Pants** (Jeans, Sweatpants, etc)
- **Swim Suit** – appropriate for co-ed water activities with a shirt that can be worn in the water for sun protection
- **Pajamas or appropriate sleeping attire**
- **Underwear** (non-cotton)
- **Outdoor Socks (if possible)** – Wool or wool/poly socks for cool nights around camp.
- **Sturdy closed-toed shoes** -Preferably waterproof and well broken in. The goal is to protect feet while on the trails, but hiking boots are not necessary given there will be minimal pack load. Trail runners or other athletic shoes will be enough support
- **Sandals with heel strap, closed-toed** (for water & camp shoes, ex. Crocs).
- **Towel**
- **Pillow**
- **Toothbrush/Toothpaste; Soap, Deodorant; Comb or brush, Shampoo**
- **Downtime Activities (optional): Sketch pad, journal, book, cards, camera, etc.**

PLEASE LABEL EVERYTHING.

Expedition Accessories

- **Bowl**
- **Spork**
- **Mug**
- **Labeled Laundry bag** (for dirty clothes)
- **Labeled Trash bag** (for wet clothes)

The Anti-Packing List – The Things to Leave at Home

- Televisions
- Computers
- Cell phones
- iPods
- Make-up
- Fireworks
- Expensive watches and jewelry
- Expensive cameras
- Knives
- Alcohol, tobacco, drugs
- Money
- Scented lotions attract bugs.