

## Personal Gear List - Camping

### Health and Safety

- Signed permission slip (collected before trip)
- Medication: labeled and given to First Aider
- Masks – enough for the duration of the trip

### Basics

- Class A Uniform worn during travel
- Waterproof duffel or backpack
- Small day pack
- Water bottle w/ lanyard (at least 32oz)
- Sit-upon, camping chair
- Small Flashlight with spare batteries
- Plastic bags for wet/dirty clothes

### Sleeping Systems

- Waterproof ground cloth
- Insulation layer (closed cell foam pad)
- Sleeping bag (nylon preferred, 30° to 40°)
- Pajamas (two piece)
- Pillow case to be stuffed with extra clothes
- Warm hat (optional)

### Eating Equipment

- Unbreakable bowl, plate, cup (mess kit)
- Knife, fork, spoon (unbreakable)
- Mesh bag

### Toilet Kit

- Toothbrush, toothpaste
- Washcloth, small towel, soap
- Brush, comb, safety pins, hair ties
- Tissues, lip balm
- Non-aerosol bug repellent
- Sun block

### Optional Items

- Tent
- Small games such as cards or marbles
- Pocket Knife
- 5' - 8' length of rope
- Paper, pencil, songbooks, skits, crafts
- Compass
- Small first aid kit

### Clothing Essentials

- Rain gear: poncho or rain suit, boots, hat
- Jacket, sweater, or sweat shirt or windbreaker
- Bandannas (2)

### Changes of Clothing

- Underwear
- Long pants, shorts (preferably not jeans)
- Shirts – one long sleeve
- Socks
- Spare closed toed/heel shoes

### Add for Cold Weather Events

- Thermal underwear (preferably not cotton)
- Warm hat (mandatory)
- Mittens or gloves

### Add for Swimming Events

- Water shoes/old sneakers
- Towel
- Swim suit, sun hat

### For Adults

- Cell phone/camera/chargers
- Whistle
- Key, combination, or other access to campsite
- Matches or lighter
- Alarm clock or watch

### DO NOT BRING THE FOLLOWING ITEMS

- Scented soap/lotion/perfume
- Gum, candy, or soda of any kind
- Aerosol cans
- Glass containers (except Rx)
- One piece pajamas or nightgowns

### Helpful Hints

- Dress in layers
- Pack with first-used items on top
- Shoes must be worn at all times
- Pack and keep clothes in plastic bags at all times
- Line duffel bag or backpack with plastic bag
- No electronics! We are there to enjoy nature.