

ADDITIONAL PACKING LIST FOR CAMPERS ENROLLED IN TRIP PROGRAMS

(8th Grade Ranch and TASC)

Note to Parents: Please read through the following list very carefully. It has been put together after many years of successful wilderness trips. Your child's enjoyment and safety during the trip start with them bringing the appropriate gear and clothing.

- **Backpack** – The only requirement is that the backpack has a frame (either internal or external), a well-padded hip-belt (50-60% of the pack's load should be carried on the hips), and a capacity of at least 50 liters. The fit of the pack is the most essential factor and can make a backpacking trip either pleasant or painful. We cannot emphasize enough the importance of a well-fitted backpack! The camper will suffer if the backpack does not fit properly. Most outdoors stores (like REI) will help you pick the correct pack and/or customize a pack to properly fit.
- **Sleeping Bag** – NO COTTON! A synthetic sleeping bag is recommended but down sleeping bags are also acceptable. If you choose to bring a down sleeping bag, a dry sack is required for storage of that sleeping bag while in a backpack. A temperature rating of between 12 and 25 degrees (or lower) is mandatory.
- **Sleeping Pad** – This is more for insulation than comfort. The body loses heat to the ground through conduction, and a backpacking air mattress (ThermaRest, Insulex) or closed-cell foam pad (Ensolite, Ridge Rest) are designed to keep campers warm.
- **Footgear** – Shoes should be, above all else, comfortable and well broken in. Ankle support and traction are two other essential features. There are a wide variety of boots on the market, ranging from high tech to traditional, but there is no need for anything fancy. Shoes must come over the ankle for support when carrying a backpack. It is also advised to bring along a second pair of tennis shoes or sandals that fasten to the foot (Chacos or Teva, NO flip-flops) to be worn around camp. Closed toed shoes that can get wet are recommended for any campers with whitewater rafting as a part of their trip.
- **Socks** (3-4 pairs) need to be wool or wool synthetic blend, for warmth and cushioning. Polypro liner socks can help prevent blisters.
- **Clothing is just as important as gear.** The unpredictable climate can place you alternately in weather that is ninety degrees and sunny, and an hour later in a gale force storm with temperatures in the 50's and rainy. **NO Cotton clothing will be allowed on the trip** The following clothing items are essential for the areas in which your child will be visiting:
 - **Hat** – Wool or pile cap that covers the ears. 70% of the body's heat loss occurs through the head.
 - **Sweater** – Again, wool or fleece are the preferred materials due to their ability to retain heat when wet. Sweatshirts are designed to exercise in, to keep the body cool, i.e. to lose heat. Their insulating value is low, (i.e. they lose heat so they cannot be used in place of a sweater). Two sweaters/fleeces are required for the trip, one as a backup layer for inclement weather.
 - **Long johns** – These are the foundation of the layering system for almost any wilderness activity. They are warm when wet, dry quickly, are light and

compact, and grant some relief from monster mosquitoes in the summer. Capilene and polypropylene are two materials on the market. One long sleeve top and bottom is required.

- **Raingear** – Water washes away heat quickly, and the difference between health and hypothermia can be as easy as an adequate rain jacket. The rectangular ponchos seen at sporting events are poor when hiking or when wind is present. A rain jacket with a hood is a must to protect the body core from heat loss, it should be waterproof and breathable. Rain pants are also required.
- **Pants** – Quick drying, non-cotton is best. 1 pair
- **Shorts** – Quick drying, non-cotton are best. 1-2 pair (one less if they are long pants with zip off legs that convert to shorts).

Other Essentials – Some of these items are mentioned on the regular packing list, others are not. We included items that we wanted to emphasize on both lists:

• 2 one liter water bottles (Nalgene or Sigg) • **Sunglasses** • **Sunscreen** • **Ball cap** (or hat with a visor) • **Wool gloves or mittens** • **Mosquito repellent** • **Headlamp** with extra batteries • Light weight **mess kit** (including a cup, plate, bowl, and silverware) • **Whistle on a cord (to be worn around the neck)** • An extra pair of glasses or contacts • Extra inhaler or bee sting kit.

If your child carries any Epi Pen or Inhaler, it is required that your child has two Epi Pens or two inhalers!!

Leave at Camp: Jeans, Cotton sweatshirts, flip flops, broad brimmed sun hats, pajamas, bathrobes, and dressy Shabbat clothes.

Tips for shopping: While stores like REI have the advantage of trying things on and the help of a sales person, parents can also check out the following websites for less expensive alternatives:

www.sierratradingpost.com

www.libertymountain.com

