

Teen Village Packing List* *Many items on this list are ALSO listed on the main trips packing list, please use this list as your primary packing guide for Teen Village.*

The best way to pack for the trip when you arrive to camp is to bring three bags. We will be on the trip for 23 days and at camp for 4 days. One bag is your large backpack for the hiking portion. This should have all your gear, etc. The next bag should be your daypack. This we will use for hiking and non-trail days. Finally, you can pack a SMALL duffel (like an athletic bag etc.) We will leave this in the van. Inside of this, you can put some extra clothes for the days we are not backpacking (when we are rafting, climbing etc.) You also can include a couple changes of clothes for the few days we are at camp. These can stay at camp when we are out and about.

We will be at camp for one Shabbat. Please pack an APPROPRIATE clothes for Shabbat. Shabbat outfits will not be brought on trip.

Some things to remember: **No cotton will be allowed on trip!** Cotton is useless when wet and develops bad smells far quicker than synthetic materials. All clothing must be synthetic materials. Keep in mind that temperatures can vary from 90+ degrees to below freezing, so pack accordingly. For the backpacking portion of the trip, you will be carrying all of these things on your back, so try to buy lightweight gear to make your lives easier. **If you have any questions feel free to contact us at ranchcamp@jccdenver.org.**

Item	Amount	Details	
Trekking Pack	1	A proper fit is crucial. Make sure you try it on with weight in it. 55 liters or more is ideal! (ex. Osprey Atmos 65 pack)	▪ ▪
Daypack	1	This should be a sturdy school-type backpack that has plenty of room for water, snacks, raingear, and extra layers for our non-backpacking days.	
Sleeping Bag	1	Please: No cotton. . A bag with a temp rating of 12-25° F is recommended.. Down is good as long as it does not get wet. If you bring a down sleeping bag a dry storage bag is required. A synthetic type bag is suggested. Men and women have different body temperatures, so gendered sleeping bags are different for a reason (ex. Marmot Trestles Sleeping Bag)	
Sleeping Pad	1	Anything you will be comfortable sleeping on for 28 days total. The lighter weight the better. (ex. Therm-a-Rest RidgeRest or Therm-a-Rest ProLite)	

Hiking Boots	1	You CANNOT hike in tennis shoes. Ankle support is a must. Hiking boots take a long time to break in. Waterproof boots are recommended (ex. Asolo TPS 520 GV Evo Hiking Boots)	
Hiking Socks	4-6	Socks must come up to mid-calf. Wool is recommended. The best brand is Darn Tough (ex. Darn Tough Hiker Boot Socks)	
Long Underwear	1 Set	Non- cotton (ex. Patagonia Capilene Midweight)	
Warm Hat	1	A beanie or some form of over the ear hat for cold nights.	
Gloves	1	Non-cotton (seeing a trend?)	
Fleece	1	Warm, non-cotton.	
Rain Jacket	1	Water repellant, not water-resistant. A ski jacket does not count . Must be its own separate shell. No ponchos please.	
Rain Pants	1	Same as above.	
Hiking Pants	1	Separate from long underwear. Non-cotton, lightweight. No jeans or sweatpants.	
Shorts	2	Athletic shorts. Non-cotton. For girls: longer shorts are required for rock climbing and backpacking. Just say no to short shorts.	
T-shirts	4	Dri-fit is preferable. Cotton is not allowed!	
Underwear	12	You can wash these with soap and water and reuse along the way! Cotton is not allowed!	
1-liter waterbottles	3	You need to be able to have three liters on you at all times while hiking. Camelbaks are great, but make sure you have at least one bottle as well.	
Mess kit	1	Bowl, spoon, and mug ONLY. A bowl with a lid that fastens is recommended.	
Sun Hat	1	All campers will be required to hike with a hat. Brimmed is awesome!	
Toiletries		Up to you what you need. Travel sized things are great. (Toothbrush, toothpaste, face wipes, contact stuff, nasal spray, etc.)	

Headlamp	1	Flashlights are okay but headlamps are much more convenient. Bring extra batteries!!	
Camp Shoes	1	Shoes for wearing while rafting, camping, not backpacking. Tennis shoes are great as are Chacos, Tevas, or anything with a heel strap. Closed toed is recommended. NO FLIP-FLOPS	
Swimsuit	1	Something that will stay on your body when a fast current is encountered, so bikinis that are tied on are not allowed.	
Sunscreen	A LOT	Super important. Everyone should have this and a lot of it.	
Bug Spray		However much you find necessary. There will be mosquitoes.	
Mosquito Netting	1	Optional but encouraged.	
Whistle	1	Not attached to backpack, your most important survival tool.	
Books, Cameras, Frisbees, Cards, Travel board games, other entertainment		We will have down time and it is nice to be entertained. Do not bring phones, iPods or any other form of digital entertainment.	
Tarp	1	6X6 Tarp for solo experience. Can be purchased at Target, Home Depot, etc.	

Please do not bring knives or other weapons

If you carry an Epi Pen or inhaler it is required that you bring two!