**TEEN VILLAGE PACKING LIST!**

NOTES:

Hey guys! Here is the suggested packing list. If you are having trouble finding things, especially camping related, a great place to try is The Wilderness Exchange. They have a large selection of gently used backpacks, etc. that are a lot cheaper than buying new. Questions? Shoot us an email at ranchcamptrips@gmail.com

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 here for one shabbat. Please pack an APPROPRIATE dress/ skirt or khaki/button-up outfit for this day.

Finally, remember: Clothing-wise, the things you bring will probably be quite dirty and smelly by the end of the trip, so remember that when deciding whether to include your favorite shirt or not. Also, we will ALL be smelly and gross by the end of the trip- there is no need to overpack because we will all be bringing the same amount of things. The following list is for our trip only; you can decide what to have at camp. Good luck!

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| **Item** | **Amount** | **Details** | ******✓** |
| Trekking Pack | 1 | Make sure it fitsyou properly and is large enough for everything. 50 liters or more is ideal! |  |
| 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 minimum of 32° F is recommended.. Down is good as long as it does not get wet. A synthetic type bag is suggested |  |
| Sleeping Pad | 1 | Anything you will be comfortable sleeping on for 28 days total. The lighter weight the better. |  |
| Hiking Boots | 1 | You CANNOT hike in tennis shoes. Ankle support is a must. Hiking boots take a long time to break in. |  |
| Hiking Socks | 4-6 | Smartwool, ski socks, or other thick non-cotton, above the ankle socks. |  |
| Long Underwear | 1 Set | Non- cotton |  |
| 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 acceptable but not recommended |  |
| Underwear | 12 | You can wash these with soap and water and reuse along the way! |  |
| 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. |  |
| 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. **NO FLIP-FLOPS** |  |
| Swimsuit | 1 | Something that will stay on your body when a fast current is encountered. |  |
| 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. |  |
| CDs for the Van |  | No Ke$ha |  |