

# Toshavim Trip (Additional) Packing List

This is the \*Toshavim Trips\* specific Packing List. Some of these items may overlap with the General Packing List. These items should be brought IN ADDITION to what is on the General Packing List.

## Critical Items

- 1 large comfortable day pack (this can be a school backpack or other backpack that you already own but it will be used on day hikes to carry water and food)
- 1 sleeping bag 15 - 30 degrees range that packs light and small
- 1 folding foam or inflatable camping sleeping pad
- 1 pair of high-ankle, waterproof, comfortable hiking boots

## Additional Clothing

- 3 - 4 pairs of hiking socks (wool or polypropylene blend, wicking material)
- 1 pair of long underwear (polypropylene blend, wicking material)
- 1 warm hat for cold nights
- 1 non-cotton pair of gloves for cold weather
- 1 warm, non-cotton, long sleeve fleece
- 1 water-repellent rain jacket with hood (NO PONCHOS)
- 1 - 3 pairs of non-cotton shorts for the trip
- 1 - 2 pairs of hiking pants (leggings, joggers, or light sweatpants are okay, no cotton please!)

## Camping Gear

- 1 mess kit (bowl, fork/knife/spoon, mug)
- 2 one-liter water bottles or 1 two to three-liter water bladder
- 1 headlamp with extra batteries
- 1 whistle (not built into backpack)

