

Packing List

IMPORTANT REMINDER:

Wilderness Adventure at Eagle Landing provides all camping and backpacking equipment for your campers: sleeping bags, sleeping pads, tents, backpacks, water bottles, and cooking/eating utensils. You only need to bring the items listed below in a normal luggage bag. Our leaders will get everyone packed into larger backpacks with all their gear upon arrival. If your camper has their own equipment they would like to use, please feel free to bring it...their leaders will help them determine whether it will be suitable for their trip or not upon arrival. Excess clothing or items not needed on the trail will be stored in a locker onsite for the duration of their trip.

Packing Tips

- ❖ Clothing items should be small, light, and made of quick drying materials! Fleece, polypropylene, wool, and CoolMax wick moisture away from the body to keep you dry and comfortable. Please avoid cotton clothing..
- ❖ Bring clothes that you don't mind getting DIRTY!
- ❖ Contact lenses are difficult to keep clean on trail. We recommend eyeglasses. Even if you are planning to wear contacts, please bring spare eyeglasses as backup.
- ❖ Phones, electronic devices, jewelry, money, etc. are not permitted on trail.
- ❖ For safety reasons, lighters, matches, and knives—including pocket knives—are not permitted.
- ❖ The largest inconveniences we face on the trail are water and mosquitos!! Please select a quality rain jacket like the Frogg Toggs suggested below. Additionally, we highly recommend you wear long, lightweight hiking pants everyday when you're not on the water. Pants and long sleeves are the best defense against mosquitos!

CLOTHING – 1 WEEK SESSIONS

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| <input type="checkbox"/> 2 T-Shirts - NOT cotton <ul style="list-style-type: none">▪ quick-dry or moisture wicking | <input type="checkbox"/> 1 pair of sturdy hiking shoes or boots <ul style="list-style-type: none">▪ Broken in before arrival to avoid blisters |
| <input type="checkbox"/> 1 long sleeved, lightweight shirt to keep the sun and bugs off | <input type="checkbox"/> 1 pair water sport sandals or water shoes <ul style="list-style-type: none">▪ Must have a heel strap▪ Slides and Crocs are not permitted |
| <input type="checkbox"/> 1 Fleece top OR thin wool sweater <ul style="list-style-type: none">▪ No heavy cotton sweatshirts please | <input type="checkbox"/> 3-5 pairs of underwear |
| <input type="checkbox"/> 1 Waterproof rain jacket (pants recommended) <ul style="list-style-type: none">▪ Suggestion: Frog Toggs rain jacket or suit | <input type="checkbox"/> 1-2 pair lightweight hiking pants <ul style="list-style-type: none">▪ Suggestion: LL Bean Zip-off Trekking Pants or on Amazon▪ May be zippered-convertible pants▪ No cotton or denim! |
| <input type="checkbox"/> 2 pair shorts (no cotton) <ul style="list-style-type: none">▪ One pair may serve as a swimsuit | <input type="checkbox"/> 1 bath towel and clean set of clothes for the last day (Shirt, shorts, underwear, socks) |
| <input type="checkbox"/> 1 Bathing suit / swim shorts <ul style="list-style-type: none">▪ Full-piece recommended for females | |
| <input type="checkbox"/> 3 pairs hiking socks | |

Optional Clothing Items:

- 1 Long underwear set for cold, rainy nights (lightweight—no cotton).
- 1 pair of rain pants
- 1 regular baseball cap or bucket hat - highly recommended
- For **Northern Lakes Expedition** a neoprene top for extra warmth when on the water
- For both **Adventure Travel Sessions**, a good warm hat and packable synthetic jacket is recommended for cold mornings, evenings or higher elevations.

CLOTHING FOR MULTI-WEEK SESSIONS

Add 1 additional shirt & shorts and 2 pairs of socks and underwear for each additional week.

NOTE: All items marked with an asterisk (*) below can be purchased at our Base Camp Store upon arrival or throughout each session using your child's store account.

Toiletries: Please be sure that these items are travel sized and stored in a Ziploc bag.

- Toothbrush & Toothpaste *
- Insect Repellent - very important! *
- Sunscreen *
- Hand Sanitizer *
- Shampoo, conditioner, body wash, etc. *
 - o Please pack separately. To be used on last day
 - o We provide biodegradable soap for use while on the trail
- Feminine hygiene products: if possible, please consider using applicator free products for ease of packing and disposal on the trail. *

Other required items:

- (3) Heavy-Duty Trash Bags - for keeping gear/clothing dry inside packs *
- (2) One-Gallon Ziplock Bags *
- (1) String bag or small, lightweight day-pack *
- Flashlight or Headlamp & Extra Batteries
- Bandana (for bathing) *
- Buff or mask for Covid safety while in vehicles or during specified activities *

Optional Items:

- (2) Stuff Sacks (for separating items in backpack)
- Waterproof Pack cover (size L) *
 - o Suggestion: [Amazon Pack Cover](#)
- Pen & Small Notebook/Journal
- Sunglasses
- Comb/Brush (very small if you intend to carry it with you)
- Deodorant (we recommend a natural deodorant - travel sized if you intend to carry it in your pack)
- Foot/Body Powder for hot spots and rashes (Gold Bond or Baby Powder) *
- Small Camp Towel (for river days)*
- Travel-size pack of wet wipes
- Crazy Creek or small sit upon - *highly recommended* *
- Snacks *
 - o Suggested: 1 per day
 - o Preferred snacks: jerky, granola bars, and energy bars
 - o No chocolate or gum allowed

Many of the items on this list can be found in our Base Camp Store. Our staff have years of experience in the outdoor industry, and are happy to give advice on what brands/styles of gear work best for our program. If you have any questions about this packing list, please feel free to call (540) 864-6792 or email info@wilderness-adventure.com.