CAMPER PACKING LIST

Wilderness Adventure at Eagle Landing | Summer Camp

WHAT WE PROVIDE: Wilderness Adventure supplies sleeping bags, sleeping pads, tents, backpacks, water bottles, and cooking/eating utensils. Pack the items below in a normal luggage bag. At arrival, leaders will help campers transfer appropriate items into their trail backpacks. Personal gear may be brought for leader approval. Extra belongings can be stored in an on-site locker.

PACKING TIPS

- Choose lightweight, quick-drying clothing (fleece, wool, and synthetic fabrics). Avoid cotton and denim on trail.
- Pack clothing that can get dirty. Break in hiking footwear before camp to help prevent blisters.
- Long, lightweight pants and sleeves provide more protection from bugs, ticks, brush, irritating plants, and sun than shorts.
- Bring reliable waterproof rain protection. Contact-lens wearers should also pack spare eyeglasses.

> **NOT ALLOWED ON TRAIL**
> Phones, valuables, jewelry, money, lighters, matches, and all knives, including pocket knives (for safety reasons).

CLOTHING – 1-WEEK SESSIONS

- ☐ 2 quick-dry, non-cotton T-shirts
- ☐ 1 lightweight long-sleeved shirt
  A sun hoodie is strongly recommended for sun and insect protection.
- ☐ 1 fleece top or thin wool sweater
  Avoid heavy cotton sweatshirts.
- ☐ 1 waterproof rain jacket
  Waterproof rain pants are also recommended.
- ☐ 2 pairs of non-cotton shorts
  Shorts may be useful for swimming, but long pants offer better trail protection.
- ☐ 1 swimsuit / swim shorts
  Swimsuits must be one-piece.
- ☐ 3 pairs of hiking socks
- ☐ 1 pair of sturdy hiking shoes or boots
  Must be broken in before arrival.
- ☐ 1 pair of water shoes or sport sandals
  Must have a heel strap; no slides or Crocs.
- ☐ 3-5 pairs of underwear
- ☐ 1-2 pairs of lightweight hiking pants
  Convertible pants are welcome; no cotton or denim.
- ☐ 1 bath towel and clean departure outfit
  Shirt, shorts/pants, underwear, and socks for the last day.

ADDITIONAL CLOTHING (OPTIONAL OR PROGRAM-SPECIFIC)

- ☐ Lightweight long underwear set for cold or wet nights
- ☐ Baseball cap or bucket hat – highly recommended
- ☐ Sun hoodie – highly recommended if not already packed
- ☐ Waterproof rain pants
- ☐ Adventure Travel: warm hat and packable synthetic jacket for colder conditions

MULTI-WEEK SESSIONS

For each additional week, add 1 shirt, 1 pair of shorts, 2 pairs of socks, and 2 pairs of underwear.

PACKING CHECKLIST | CONTINUED

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TOILETRIES

Travel sizes only. Place toiletries in a sealed zip-top bag.

- ☐ Toothbrush and toothpaste
- ☐ Insect repellent
  DEET-based repellent is recommended because of its proven effectiveness. Apply according to product directions.
- ☐ Sunscreen
  Broad-spectrum SPF 30 or higher is recommended.
- ☐ Hand sanitizer
- ☐ Shampoo, conditioner, and body wash
  Pack separately for use on the final day; WAEL provides biodegradable soap for trail use.
- ☐ Menstrual hygiene products, if needed
  Low-waste products can simplify carrying and disposal on trail.

OTHER REQUIRED ITEMS

- ☐ 3 heavy-duty trash bags
  Used as waterproof liners for pack contents.
- ☐ 2 one-gallon zip-top bags
- ☐ 1 small drawstring bag or lightweight daypack
- ☐ Flashlight or headlamp + extra batteries
- ☐ Bandana / washcloth for bathing
- ☐ Compact camp pillow
  Required. Prioritize a lightweight, packable pillow for comfortable sleep.

OPTIONAL ITEMS

- ☐ 2 stuff sacks
  For organizing clothing or smaller items.
- ☐ Waterproof backpack cover (large)
- ☐ Small camp towel
  Useful for river and water activities.
- ☐ Travel-size wet wipes
- ☐ Small journal, sketchbook, and pencil
  Record observations, sketch a landscape, or reflect on the trip.
- ☐ Disposable or basic digital camera
  For photos without a phone; ask staff about suitable camera use and storage.
- ☐ Sunglasses
- ☐ Small comb or brush
- ☐ Travel-size deodorant
- ☐ Foot/body powder
  For hotspots and moisture management.
- ☐ Lightweight camp seat or sit pad
  Such as a Crazy Creek chair.
- ☐ Trail snacks
  About 1 per day. Jerky, granola bars, and energy bars work well.

NO GUM OR CHOCOLATE

BASE CAMP STORE & QUESTIONS

Many personal-care and small trail items are available at our Base Camp Store. Ask our team about appropriate gear before purchasing.