



## High School Backpacking Expedition Packing List

Camp Bighorn will provide all adventure gear (other than clothing and personal items). This includes camping gear. If you have personal gear, feel free to bring those instead, but know that most gear can be provided at no additional cost.

### BACKCOUNTRY CLOTHING: PLEASE AVOID COTTON CLOTHING

- 1-2 Short sleeve shirts (synthetic or wool)
- 1 Long sleeve lightweight shirt (synthetic or wool)
- 1 Pullover or jacket (insulating layer, fleece, wool, or down)
- 1 Pair lightweight hiking pants, NOT jeans (quick drying)
- 1 Pair shorts
- 2-3 Pairs underwear
- 2-3 Pairs hiking socks (synthetic or wool)
- 1 Pair hiking boots or sturdy shoes (broken in before arrival)
- 1 Old pair of shoes for the campsite
- 1 Warm hat
- 1 Sun hat or baseball cap
- 1 Lightweight rain jacket

### ADDITIONAL ITEMS:

- |                                    |   |
|------------------------------------|---|
| Medications*                       | Toiletries, including Sunscreen                         |
| Small bible (old & new testaments) | Feminine care products, if applicable                   |
| Journal & Pen                      | Secure fitted Swimsuit (for swimming in mountain lakes) |
| Ziploc bags for waterproofing      |   |

### OPTIONAL ITEMS:

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| Camera (Cell Phones Not Allowed)** | Pack towel                        |
| Sunglasses                         | Bugspray                          |
| Pocket knife                       | Lightweight camping chair         |
| Rain pants                         | Water shoes with a heel strap     |
| Pair long underwear                | Spending money for the camp store |

**\*All camper medications must arrive in the original packaging inside a Ziplock bag with the camper's name clearly labeled. Please include a list of dosage/instructions inside.**

**\*\*Camp Bighorn does not permit the use of cell phones. Cell phones that arrive with campers will be sent home with parents or collected and returned at check-out on the last day of**

**Camp.** Cameras similar to the [Camp Snap](#) may be a good alternative to cell phones.

### **BACKCOUNTRY GEAR:**

The following items are required for this wilderness trek and are available to borrow from Camp Bighorn at no cost. If you have your own backpack, sleeping bag, sleeping pad, head lamp, mess kit, or trekking poles, please feel free to bring those.

- 2 Water bottles (capacity 2+ liters total)
- Backpack (50-70 L./3,000-4,500 C.I.)
- Sleeping bag (30-35°F)
- Sleeping pad (self-inflating or closed cell foam pad)
- Head lamp with extra batteries
- Whistle
- Lighter
- Compass
- Trekking poles (strongly recommended for anyone with joint problems)
- Durable bowl, mug, spoon

### **LAYERING BASICS:**

Correctly layering your clothing while hiking is important. Weather conditions can change quickly, and the right layers will help you adapt as needed. “There is no such thing as bad weather, only the wrong gear.”

#### **Base Layer**

The base layer must be capable of wicking moisture away from the body, allowing it to evaporate and keep you dry. For the base layer to perform most effectively, it should be form fitting, not baggy. Materials commonly used include polypropylene, polyester, and wool. No cotton!

#### **Insulating Layer (keeps you warm in cold temperatures)**

The insulating layer must also be moisture wicking. Insulating materials include: fleece, wool, down, or synthetics like polyester and polypropylene, which maintain insulation even when wet. Again, no cotton. Wet cotton is unable to insulate the body and will not dry quickly.

#### **Shell Layer (protects from wind, rain, and snow)**

The shell layer covers the other layers keeping you dry in wet conditions, yet is breathable, allowing the body's moisture to escape. Materials commonly include: Gore-Tex, Triple Point, or other waterproof, breathable materials.