# Gear and Packing

## Youth Summer Backpacking Camps

One of the greatest parts of backpacking is being able to carry everything you need on your back and being totally self-sufficient as a group! The flip side of that is finding a balance between carrying too much and not bringing enough. When packing we want everyone to have everything they need to be safe and comfortable, while not bringing a lot of extra things. Remember that space is limited and the weight of extra items can make a big difference.

**On the first morning**, before leaving Kingston, the group will spend important time packing. One of the guides will empty their personal pack, showing everything they are bringing, explain why they are bringing it, and how they are going to pack it into the bag. The guides will then go one by one to each camper to check through everything they brought and any personal gear loaned from Wild Society. If there's something they forgot or needs to be swapped out, we will have extra loaners available. If campers have extra gear or something they decided to leave behind, we will have a bin where those items will be safely stored until the trip gets back.

**Wild Society provides all of the 'group gear'** including tents, water treatment, first aid kits, cooking/kitchen set up, and more. This communal gear, along with food, will be split up amongst the group each day.

**A few things to keep in mind about the packing list:**

- **As much as possible, cotton should be avoided**. Cotton absorbs a lot of moisture and dries really slowly, it also loses any warmth when wet and is often bulky and heavy. Instead look for materials such as fleece, wool, polyester, or nylon.
- On a backpacking trip, **you will bring fewer clothes than you would wear in the same amount of days at home**. Depending on the length of the trip, you will generally wear one set of hiking clothes, have another set to change into at some point on the trip, one set of warm layers, and one set of rain gear. Everyone is going to be a bit smelly and dirty, and that's okay!
- While we want everyone to feel comfortable and take care of themselves on the trip, we need to be conscious of what personal products are being brought into the backcountry. There are a number of reasons for this including; space and weight in packs, reducing the amount of contaminants left in campsite areas, and because everything with a scent needs to be stored in our 'Bear Bins' to keep them away from animals. **We generally say that a toothbrush, toothpaste, and chapstick are all you need.** That being said, if there are some small items that you feel strongly you want to bring, we encourage you to have that conversation with the guides on the first morning.

If you have any questions about gear feel free to reach out! Also remember that we will carefully go through everything on the packing list during the pre-trip call and on the first day, and everyone will have a chance to leave extra items behind.

# Backpacking Trip Packing List

*Items in **bold** are available to borrow through the **Participant Gear Request Form**.

## Hiking Gear

| | |
|---|---|
| □ **Backpack** | *65L-75L pack with an internal frame and waist belt* |
| □ **Sleeping Bag** | *Rated to 30 degrees or colder, compressible (fits into stuff sack vs. needs to be rolled up) and lightweight* |
| □ **Sleeping Pad** | *Foam or inflatable, but not super bulky or heavy* |
| □ **Hiking Boots** | *Sturdy boots with ankle support and good tread (if you normally hike with a heavy pack in trail runners and have a pair that are broken in and fit well, those are fine)* |
| □ 4 Wool Socks | *Good socks are very important! Tall wool socks (no cotton or short socks)* |
| □ 'Camp Shoes' | *Lightweight shoes, such as crocs or sandals, for wading and around the campsite* |

## Clothing

| | |
|---|---|
| □ **Rain Jacket** | *Lightweight, fully waterproof* |
| □ **Rain Pants** | *Fully waterproof, same material a rain jacket is made of* |
| □ **Fleece Jacket** | *Warm layer* |
| □ **2-3 Shirts** | ***Non-cotton**, lightweight and breathable material, t-shirts or long sleeves* |
| □ 1-2 Shorts | ***Non-cotton**, quick dry shorts for hiking in* |
| □ Pants | ***Non-cotton**, lightweight layer for warmth or hiking in* |
| □ **Long Underwear** | *Wool or synthetic base layer tops and bottoms (synthetic leggings work)* |
| □ Underwear | *Enough pairs for days of trip* |
| □ **Sun Hat** | *Baseball or wide brim hat* |
| □ **Warm Hat** | *Preferably non-cotton beanie style hat* |

## Personal Gear

| | |
|---|---|
| □ Sunglasses | |
| □ **Headlamp** | *Or flashlight, with an extra set of batteries* |
| □ **2 Water Bottles** | *1 liter capacity each, Nalgene style recommended, no heavy metal bottles* |
| □ **Utensils** | *Light spoon and fork or 'spork'* |
| □ **Bowl and/or Mug** | *Lightweight plastic or metal, Tupperware style containers work great* |
| □ **Knife** | *Must have fixed or locking blade, blades no longer than 4"* |

## Toiletries

*(in a ziplock bag with your name as everything with a scent will be stored in the bear bins overnight)*

- □ **Travel Size Toothbrush & Toothpaste**
- □ Chapstick
- □ Any medications* you take — *In original packaging, labeled with the contents and dose*
- □ Menstrual Products — *Even if you don't anticipate a period during the trip*

## Optional Items

- □ Small Book/Journal
- □ Cards/Hacky Sack/Small Game
- □ Hiking Poles — *There will be a few shared group pairs but some like to have their own*

Please **DO NOT BRING** any electronic devices or weapons. Guides will carry cellphones and a satellite communication device in case of emergency and the group will have a communal digital camera for photos. All Wild Society trips are drug and alcohol free.

*Notes about medications: Our guides will carry all medications including camper prescription medications and over-the-counter medications included in program first aid kits. The exception to this policy is that campers with life-saving medications (inhalers, epipens, etc.) will carry their personal rescue medication. While our guides are trained in wilderness medicine, this does not certify them to administer prescribed medications. All participants will be responsible for administering their own prescribed medications. Our guides need to know what medications, dosages, and schedule your camper uses, and will work with campers to ensure proper administration of mediations. Guides will maintain a log of all medications administered throughout the trip.

Our first aid kits include sunscreen and bug repellent to minimize the number of bottles being carried, but if you have a brand that you particularly like you are welcome to bring a small bottle of your own.