

Packing List

coat that can get dirty/scuffed
contact solution (if you wear contacts)
cup/mug
deodorant
feminine hygiene products
fleece or wool sweatshirt
fork/spoon
knee pads
LED Headlamp
light jacket (windbreaker)
lip balm, carmex, blistex
pants that can get dirty/scuffed - 1 pair
plate/bowl
prescription medications
sack lunch for trip up
shirts - 2
shorts/swimsuit - 1 pair
sleeping bag
sleeping pad
socks - 2 or 3 pair
sturdy shoes or boots
toothbrush
toothpaste (travel size)
underwear - 2 or 3 pair
water bottle
wool cap or beanie

Optional

camera
elbow pads
frisbee
gloves
pillow
playing cards
sunglasses
towel

To Share

aspirin
hand sanitizer
ibuprofen
insect repellent
knife
stove & fuel
sunblock
tent
tylenol

Whole Group

biodegradable camp soap
cooking pots
cooking utensils
cutting board
double-A batteries
firestarter
firewood
first aid kit
hand towels - 3 to 5
kindling
lighter
neosporin
plastic scrub brush
roasting sticks
roll of duct tape
roll of garbage bags
roll of paper towels
sponge
table cloths - 3 to 5
triple-A batteries
wash tubs (for dishes)