

## Packing List - All Staff Campout

**Clothing considerations:** We will layer our clothing for warmth and protection from the elements (always expect a high probability of rain). We use either synthetic or wool fibers, which keep you warm when wet. We **avoid cotton**, which is poor insulation when wet. Whether or not you believe you will be cold or warm, bring all of these required layers. We can advise on the best combination for our trip and this summer.

### Required (*Unless noted optional*)

- Δ Upper Body Layers:
  - o Tshirt: Lightweight synthetic shirt
  - o Base layer: Long underwear top; synthetic or wool
  - o Mid Layer: Fleece pullover
  - o Top Layer: Puffy with a synthetic fill that fits over base layers (optional)
  - o Rain Layer: Waterproof with hood
  - o Sports Bra: Synthetic
- Δ Lower Body Layers
  - o Shorts: Synthetic athletic or river shorts
  - o Base Layer: Long underwear bottom; synthetic or wool
  - o Mid Layer: Synthetic hiking pants that fit over base layer
  - o Rain Pants (optional but recommended)
  - o Underwear: Ideally synthetic and breathable
- Δ Head, Neck, and Hands
  - o Baseball Hat or Wide Brim Hat for sun protection
  - o Wool or Fleece Hat for warmth
- Δ Feet
  - o Trail Shoes: Boots or Trail Runners depending on your experience and comfort level; good, grippy tread highly recommended. Sandals of any kind are not acceptable.
  - o Camp Shoe: Keep in mind close-toed shoes are required for cooking
  - o Socks: Wool socks are recommended for hiking
  - o Liners: Sock liners can help with blister prevention (optional)
- Δ Sleeping
  - o Sleeping bag: Synthetic-fill
  - o Compression Sack: This will make your sleeping bag small and packable
  - o \*\*Sleeping pad: you may borrow from ENF if needed
  - o \*\*Trash Bag: 1-2 Large, heavy duty, trash bags for lining backpack, can be borrowed
- Δ Equipment
  - o Bag to transport all necessary items
  - o \*\*Daypack: For our hikes; you may borrow from ENF if needed.
  - o Water Bottles: We recommend two 1-Liter bottles.
- Δ Miscellaneous
  - o Head Lamp
  - o Notebook and Pen
  - o Toiletries: Sunscreen, Lip balm, Toothpaste, Toothbrush, Etc.
  - o Personal Medications: Including EpiPens and Inhalers even if you rarely use them
- Δ Optional
  - o Pocketknife
  - o Crazy Creek or other Camp Chair
  - o \*\*Whistle: May be borrowed from ENF
  - o \*\*Compass: May be borrowed from ENF
  - o Bandana