



Backpacking Adventure Camp PERSONAL EQUIPMENT CHECKLIST

CLOTHING

- 1 hat (Royal Ranger or other)
- 1 Jacket, light-weight
- 1 Sweatshirt (*optional*)
- 1 Poncho or raincoat with hood
- 2 pr. Jeans (long pants) for hiking
- 1 pr. Shorts
- 3 T-shirts (Royal Rangers; Summer Camp, etc.)
- 1 pr. Boots (or shoes) for hiking
- 1 pr. Shoes (athletic; 'Tennis' shoes)
- 2 pr. Socks (wool or nylon for hiking, NO Cotton)
- 2 pr. Liner socks (*optional*)
- 4 Underclothing
- 1 Swimsuit
- sleeping gear (Pajamas or other)
- 1 pr. Sandals (shower shoes) (*optional*)

Your Backpack is the *most important* gear needed for this camp. You will be carrying all your gear (with community supplies) in your pack throughout the camp; and a well-fitting pack will enrich your camp experience. The pack should be 5000 cu.in. = 18 in. wide x 10 in. deep x 28 in. high (or similar dimensions) **and** have a waist-belt.

Hiking boots should be worn and 'broken in' before camp to ensure that they do not cause blisters, etc.

Socks and underclothing should be changed on the trail to prevent blisters and chaffing.

REMEMBER THINK IN OUNCES, NOT POUNDS. PACK YOUR PACK AND WEIGH YOURSELF. ADD 6 POUNDS FOR COMMUNITY GEAR. YOUR PACK SHOULD NOT WEIGH MORE THAN 33% OF YOUR HEALTHY BODY WEIGHT.

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- BackPack w/frame & waistbelt** (5000cu.in)
 - Sleeping bag (NO cotton); light-weight
 - Tent, Light-weight (paired w/other person)
 - Flashlight with extra batteries
 - sharp* pocket Knife or Multi-Tool (w/sheath)
 - Compass, Silva-type (fluid-filled)
 - Whistle
 - 'Mess' Kit (1 fork; 1 spoon; 1 bowl)
 - Cup, 10-12 oz. insulated (NO collapsible)
 - Water Bottle (32 oz Nalgene, wide-mouth)
 - Bandana

- Toiletry kit (Zipper-lock bag)
- Toilet Paper (small roll in Zipper-Lock bag; remove core)
- Toothbrush & toothpaste
- Soap & shampoo (body wash)
- Deodorant
- Towels
- Sunscreen or Sunblock
- Insect repellent
- Pencil and Pens (2 ea.)
- Small Bible

Travel-size toiletry items are preferred.

ADDITIONAL ITEMS

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- Sleeping pad (air mattress or foam pad)
 - Ditty Bag to carry small items (*optional*)
 - Pillow
 - Bag for dirty clothes
 - Wristwatch

- Sunglasses (*optional*)
- Camera (*optional*)
- Facial Tissues, small pack (*optional*)
- Fingernail Clipper (*optional*)

❖ All prescription medications must be checked-in with the Camp Medical Officer at registration.

NO Electronic Devices (phones; laptop computers; tablets; Ipods, etc.) should be brought to camp.