



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
- 3 T-shirts (Royal Rangers; Summer Camp, etc.)
- 2 pr. Jeans (long pants) for hiking
- 1 pr. Shorts
- 1 pr. **Boots** (or shoes) for hiking
- 1 pr. Shoes (athletic)
- 2 pr. Socks (wool or nylon for hiking, NO Cotton)
- 2 pr. Liner socks (*optional*)
- 4 Underclothing (boxer-brief)
- 1 Swimsuit
- 1 pr. Sandals (shower shoes) (*optional*) or other
- sleeping gear (Pajamas)

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.

Frequent changes of socks and underwear will prevent blisters & 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.

- BackPack w/frame & waistbelt** (5000cu.in)
- Sleeping bag; light-weight (NO cotton)
- Tent, Light-weight (paired w/other person)
- Compass, baseplate [Silva-type](fluid-filled)
- Flashlight with extra batteries
- sharp* pocket Knife or Multi-Tool (w/sheath)
- 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)
- Body Powder (GoldBond brand or equal)
- Deodorant
- Towel/washcloth
- Sunscreen or Sunblock
- Insect repellent
- Pencil and Pens (2 ea.)
- Small Bible

Travel-size toiletry items are preferred.

ADDITIONAL ITEMS

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

- Sunglasses (*optional*)
- Camera (*optional*)
- Facial Tissues, small pack (*optional*)
- Fingernail Clipper (*optional*)
- Lip Balm (Chapstick) (*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.