

Birchwood Camp Adventure Camp Gear List

CAMPER: _____

PERSONAL GEAR

(Provided by Participant /Required)

- ____ XtraTufs/Muck boots/ waterproof boots or comfortable hiking shoes
- ____ Sleeping bag (waterproof or synthetic fill) rated at 30-50 degrees
- ____ Sleeping pad
- ____ Mug, bowl, spoon/fork or spork
- ____ Pocketknife or Leatherman
- ____ Whistle
- ____ Compass
- ____ Lighter or waterproof matches
- ____ (1) Plastic 1-quart wide-mouth water bottle (Nalgene or similar) [2 preferred!]
- ____ 1-2 L Water bladder for backpack

- ____ 20- 40 L Hiking backpack with hip belt

PERSONAL CLOTHING

(Provided by Participant, Required)

- ____ (3 pairs) socks, *wool or synthetic*
- ____ (2 pairs) underwear, *wool or synthetic* ____ (1) Long underwear bottoms, *wool or synthetic* ____ (1) Short sleeve T-shirt, *wool or synthetic* ____ (1) Long sleeve T-shirt, *wool or synthetic* ____ (1) Long underwear shirt, *wool or synthetic* ____ *(1) Pair Shorts & (1) Pair Pants, *both synthetic* --OR- ____ *(2) Pair Pants, *synthetic*
- ____ Sweater, *Polar fleece or wool*
- ____ Waterproof raincoat
- ____ Waterproof rain pants
- ____ Light gloves, *wool or synthetic*
- ____ Warm hat
- ____ Baseball hat
- ____ A change of clothes in a small bag for ride home

PERSONAL TOILETRIES:

- ____ Bandana, cotton
- ____ Ultra absorbent backpacking towel (MSR, REI Brand, etc), *synthetic*
- ____ Comb (If you need to brush your hair)

- ____ Toothbrush & paste, *travel size*
- ____ Deodorant, *travel size*
- ____ Personal medicines (MUST be given to nurse)
- WOMEN ONLY:** --NO MAKE-UP- ____ Tampons or Menstrual pads ____ (2) Sports Bras, *synthetic*

OPTIONAL PERSONAL GEAR

- ____ Lip balm
- ____ Sunglasses
- ____ Small flashlight or headlamp
- ____ Camera
- ____ fishing gear (poles must be collapsible)

BE CONSCIOUS OF YOUR GEAR WEIGHT! Our trip leaders will inspect ALL your gear and possibly ask you or your parents to acquire appropriate gear before you leave on this trip. Bring only what is listed.

COMMUNITY GEAR (**Provided by Birchwood Camp**):

- ☐ Tents with Rain Flies & Ground Tarps
- ☐ Food & Snacks
- ☐ Cooking stoves
- ☐ Fuel & Fuel bottles
- ☐ Cooking utensils
- ☐ Cooking pots & pot grips
- ☐ Water purifier systems
- ☐ (4) 50ft Parachute cord
- ☐ Maps
- ☐ Garmin Inreach
- ☐ First Aid Kit
- ☐ Regular & Emergency matches
- ☐ Pepper spray (1/person)
- ☐ Camp axe
- ☐ Community toilet paper & trowel
- ☐ Community bug spray
- ☐ Community sun screen
- ☐ Repair kit: *Duct tape; Sewing kit; Wire (10 feet); Nylon repair tape (2 feet); Iodine tablets*