

Teen Adventure Camper Equipment List

This list is ***extremely important***; please follow it closely. Proper equipment is essential. Our goal is to provide exciting, challenging and positive outdoor adventures. However, the quality of your camper's experience depends largely on the appropriateness of the equipment you provide. The misery caused by an ill-fitting backpack or inadequate shoes can color a camper's attitude toward backpacking, hiking and camping, in general. Please help your teenager enjoy Teen Adventure! All items *not* listed in the Optional, or Do Not Bring categories are required. For safety reasons, campers are not permitted on the trail without them.

Required Equipment: *label all items to avoid loss*

A **Nylon Backpack** with a metal frame (no day packs or rucksacks.) It is essential that the pack have a frame, a functional, one piece, well-padded hip belt and padded shoulder straps. It must be possible for the hip belt to be tightened around your camper's waist, while the shoulder straps go up to the frame at an angle bearing little or no weight. This allows the legs to carry the bulk of the pack's weight, thus avoiding shoulder or back injuries. The pack must fit well. When it is full, no part of the metal frame should touch the camper's body. If you have doubts or questions on how to gauge the size of a backpack to your teenager's body, contact a reliable outfitter. There should be a place for a sleeping bag to be strapped onto the frame.

A **Lightweight Sleeping Bag** with a nylon stuff sack. Flannel sleeping bags are simply too heavy for our backpacking program. We recommend a synthetic fabric bag filled with a lightweight synthetic fiber. Down bags become heavy and provide no warmth when wet. Stuff sacks are essential because they make the sleeping bag more compact and help protect it from rain and river water. A sheet is also highly recommended and is a great way to keep the bugs off and sleep in hot weather. An old sheet can be sewn part way up the side to make a "sheet sack."

Footwear (3 pairs of shoes needed):

Sturdy, lightweight **hiking shoes**. Shoes should be comfortable and lightweight (leather or nylon), but still have ample padding, strong soles and provide ankle support. Shoes must be broken in. Shoes should be sized to accommodate thick, wool socks. Canvas shoes, and army boots *may not* serve as hiking shoes.

River shoes. Your camper will also need an old pair of lightweight sneakers or canvas shoes for canoeing. They should be **closed-toed**. Texas, open-toed Chacos, and other sandal type shoes do not provide enough protection from rocks and glass for the sides and top of the foot. Please do not bring them as canoeing shoes.

Extra shoes. These should be as lightweight and compact as possible, because they will be carried both on hiking and canoeing trips to allow feet to dry out in the evenings. They must have a heel strap (no flip flops).

Gear:

1 Ensolite pad or Thermarest pad

4-6 Hefty Steel Sack garbage bags to line pack

2 web straps (30"-36" long) to attach sleeping bag (no bungee cords)

1 plastic bowl, 1 soup spoon, (1 plastic cup - optional)

2-3 one quart /liter water bottle (an empty, one liter soda water bottle is cheap, tough, and easy to replace.)

1 pocket flashlight or headlamp & extra batteries

1 lightweight sturdy/reuseable rain poncho (which doubles as a ground cloth and pack cover)

Toiletries (toothbrush, paste, floss, and feminine products (if applicable), and

1 bottle SPF 30 biodegradable sunscreen (non-aerosol)

Clothes: *Pack very light, as you will be carrying all of this on your back while hiking*

6-9 pairs of underwear

1 swimsuit

3 T-shirts

2-3 sports bras (if applicable)

1 sun hat and 1 warm hat

2 shorts (1 quick drying)

1 bandanna

1 pair long pants (No jeans)

1 long sleeve shirt

1 sweater or sweatshirt (wool and polar fleece / no cotton)

3 pairs of thick wool socks (No cotton --> causes blisters) with 3 pairs of liner socks

(polypro, thermax, hydrofil - No cotton)

OR 3 pairs of synthetic hiking socks, such as Smartwool

- 1 pair of glasses with a very secure glasses strap if you wear glasses or contacts

Optional Equipment:

- Sunglasses with strap Sheet sack - see above
- Letter writing supplies \$20-\$30 spending money
- Non-aerosol bug repellent Small pocket knife
- Very small notebook or journal
- Small camera and film (waterproof disposables are a great idea)
- Pack Cover to protect your pack during rain
- book
- watch

- Permethrin based bug repellent, for deer ticks – to spray on hiking clothes and sleeping bag not on the person, before camper comes to camp!

Do not bring:

- cotton towel
- shower supplies
- water additives (ie: koolaid mix or caffeine drops)
- gum

Remember *You* have to *carry* all this equipment in your pack, on your back, up and down large mountains. **PACK LIGHT.** You must also leave half of your pack empty to carry group gear and food. Load your pack and try it on. Then add 15 pounds of canned food and carry it up and down the stairs for a few hours. Make sure that it fits well loaded and is comfortable. It is impossible to stress enough the importance of proper equipment.