

# TEEN ADVENTURE PACKING LIST



The following list is important, please follow it closely. Proper equipment is essential for all TA campers. Our goal is to provide exciting, challenging and positive outdoor adventures. Proper equipment is essential for your camper's comfort and safety. Because TA is an expedition-based camp, TA campers will not be able to start their trip without all items in the Required Equipment section. Make sure your camper's name is on everything they bring. Thank you for helping your camper enjoy TA!

BYM Camps is able to help families acquire the required equipment, if necessary. If you need assistance or support, please reach out directly to [Zora Tucker](#).

## Required Items

- Internal frame backpack (with padded shoulder straps, sternum strap, & hip belt)
- Hiking shoes or boots (sturdy shoes with extra support for feet and ankles)
- River shoes (Closed-toed with a secure heel strap. Crocs and Chacos/Texas are NOT river shoes. Old sneakers can work well, but they might get ruined.)
- In-camp shoes (lightweight w/ heel strap, such as Chacos/Texas or Crocs)
- Synthetic sleeping bag with stuff sack (recommended temp rating: 20-40 degrees)
- Sleeping pad (for comfort and insulation when sleeping on the ground)
  
- Synthetic t-shirts (2-3)
- Long sleeved shirts (1-2)
- Synthetic shorts (2)
- Synthetic long hiking pants (1)
- Synthetic jacket or fleece sweater (1)
- Underwear (5-7, synthetic recommended)
- Wool socks (2-4)
- Hats (1 warm hat, 1 sun hat)
- Swimwear
- Rain Jacket
  
- Water bottles (2-3, 32 oz each) (or 1-2 water bottles and 1 water reservoir)
- Flashlight and/or headlamp (and extra batteries!)
- Sunscreen (**no aerosol cans**)
- Eating utensils for the trail (lightweight and non-fragile bowl and spoon)
- Toiletries (toothbrush, toothpaste, menstrual products if necessary)
- Dry bags or heavy-duty garbage bags (to keep clothes and sleeping bag dry)

## Optional Equipment

- Bug repellent (non-aerosol. 30% Deet or 30% lemon eucalyptus oil are effective.)
- Ziplock bags (to help keep items dry on the trail)
- Waterproof pack cover
- Bandanas
- Sunglasses, w/ glasses strap
- Waterproof wristwatch (not smartwatch)
- Letter writing materials
- Stamped envelopes addressed to parents / family (2-3)
- Reading material, journal / notebook / sketchbook
- Camera (beware: can get damaged / broken / lost, and you won't be able to recharge, so bring extra batteries; disposable cameras are great!)
- Playing cards
- A clean set of clothes (to wear upon your return to Common Ground base camp)

## **\*\*TEEN ADVENTURE REMINDER\*\***

*You have to carry all of this equipment in your backpack, on your back, throughout your trip. This is true for all TA campers: TAP and TALT. Pack light! Load your pack and try it on, then add 15 pounds of food & water. Make sure that it fits well and is comfortable. Your TA experience will be greatly impacted by the fit and function of your equipment.*

## **ITEMS TO LEAVE AT HOME**

Do not bring any item you cannot bear to lose or would not want to see damaged. Leave at home your jewelry and other expensive belongings, cell phones, tablets and laptops, e-readers (kindles), smart watches, radios, mp3 and CD players, electronic games and devices, hair dryers, lighters, matches, and food (including candy and gum). Teen Adventure is not responsible for damage to or loss of these items.

Electronics, pocket money, candy, and other snacks are prohibited at camp. Camp is a time to unplug, make new friends, and connect to nature. E-readers can be used to connect to the internet, so if you need something to read, you are welcome to bring a book or two! Do not bring money to camp, as opportunities to shop for treats or snacks will be covered by TA! Personal food attracts wild animals and can be hazardous for campers with allergies.

Fire starters (lighters, matches, fireworks, candles, spark igniters) and weapons (small pocket knives are permitted, but must be shown to staff upon arrival) and drugs (including undisclosed prescription drugs and nicotine or vape products) are not allowed. Bringing these items will result in a camper being sent home.

## **ADDITIONAL INFO**

### **EQUIPMENT FOR THE TRAIL**

Please test the internal frame backpack before coming to camp – add weight for an accurate fit! – to ensure that all straps can be tightened securely, and that the weight sits on the camper’s hips. The pack must fit your camper well, especially their torso.

For hiking shoes, we carry more weight on the trail than our legs are used to, so it is important to have sturdy shoes to provide the feet and ankles with extra support. Tough sneakers may be sufficient, or hiking boots may be required, depending on your camper. Either way, make sure to test and break in this footwear before camp.

For the sleeping bag, we recommend synthetic because other options are too heavy and/or absorb water. Many campers also bring a sheet to line the sleeping bag on hot nights. The recommended temperature rating for sleeping bags is between 20 and 40 degrees.

For the sleeping pad, this is for comfort and insulation while sleeping on the ground during the overnight camping trips. Closed-cell foam pads or inflatable pads are both sufficient.

### **MEDICINES**

Any medicines (prescription or over-the-counter, including vitamins and herbal remedies) should be in a labeled zip-lock bag, separate from the rest of your equipment. You will turn these over to the camp nurse at check-in.

### **CLOTHES & LAUNDRY**

You will get dirty at camp, and your clothes may never be the same. Don’t bring your favorite outfits. Teen Adventure is able to provide laundry services once during the expedition. Please plan and pack accordingly.

### **WEATHER**

Be prepared for warm and cool weather. Temperatures are likely to be as high as the mid 90s during the day, and as low as the high 40s at night. All camp activities take place outdoors, rain or shine. Bring high-quality rain gear!

### **TICK SAFETY**

The risks associated with ticks can be safely managed with a few simple steps. We recommend wearing light-weight long pants and spraying your shoes and socks with an EPA certified tick repellent (such as 30% Deet or 30% lemon eucalyptus oil) during activities in the woods. For the most protection against ticks and mosquitos, we also recommend treating your hiking clothing with Permethrin before coming to camp.

### **POCKET KNIVES**

Pocket knives that fold and have a blade length of four inches or less are permitted at camp (larger and non-folding knives, hatchets, and other blades are not permitted). Please bring the knife with you when you check in so we can see it and make a plan.