

High Adventure Camp 2017 Packing List

Sunday-Monday (Staying in cabins) Pack in separate bag

Clothes:

- 2 changes of clothes appropriate for outdoors
- 2 changes of underwear and socks
- Pajamas / sleepwear
- Rain gear
- 2 pairs of closed-toed shoes
- Hat / sunglasses

Cabin:

- Pillow
- Lightweight sleeping bag or sheets/blanket

Toiletries:

- Shampoo/conditioner
- Body wash/wash cloth
- Towel
- Toothbrush/toothpaste
- Deodorant
- Brush/comb

Other:

- Flashlight (optional)
- Book (Optional)

Monday-Friday (Offsite trip): All must fit in your backpack!

Clothes:

- 2 shirts
- 2 pairs shorts or convertible (zip-off) pants
- 2 pairs of underwear and socks
- Lightweight rain jacket
- Worn-in (**not brand new!**) hiking boots or sturdy shoes made for trail-running.
- Hat / sunglasses / bandana
- Hard-soled** water shoes

No jeans. Outdoor/performance clothing recommended.

Hygiene:

- Travel-size deodorant
- Travel-size pack of baby wipes
- Travel-size toothbrush/toothpaste
- Travel-size sunblock/bug spray (**no aerosol**)

Gear:

- Water bottle/CamelPak/Platypus—Need to be able to carry **2 liters** of drinking water.
- Headlamp or **small** flashlight
- Lightweight** (<4 lbs) sleeping bag, or set of sheets.
- Sleeping pad/bed roll

Optional:

- Backpacking pack (**Arlington Echo will provide this if you don't have your own**)

Prohibited:

- Knives/lighters
- Electronics
- Food/snacks (note: please contact us in the event of dietary restrictions)

We make the following recommendations for your camper's comfort:

Clothing

Jeans/ jean shorts not permitted on backpacking portion of camp. When cotton gets wet, it takes a long time to dry and causes chafing. Look for clothing advertised as being “moisture-wicking” or “performance/outdoors” clothing. You can find these at almost any retailer that sells clothing. It's not necessary to bring a lot of clothes. One set to wear and one to change into are plenty.

Footwear

Boots that provide ankle support offer the most protection, but trail running shoes will also suffice for this trip. Do **not bring brand new boots/shoes that have never been worn** as this can lead to blisters. Wool or synthetic athletic socks reduce friction and the possibility of blisters.

Gear:

Arlington Echo will provide: backpack, tent, cooking equipment, water filtration equipment, and all meals/snacks.

Lightweight camping gear can get very expensive, so please don't feel the need to run out and spend a bunch of money before camp! Lightweight foam sleeping pads can be found at Wal-Mart or K-Mart for around \$10. Lightweight sleeping bags can be found on Amazon for around \$30. In warmer weather, you can get away without a sleeping bag and use sheets or a light throw.

Carrying water:

Staying hydrated is important, which is why we ask each camper be able to carry 2 liters of water. If you have a reservoir/drinking tube system like a CamelPak or Platypus, that's great. But if not, water bottles work fine. Feel free to reuse bottles. For example, large Gatorade or Smart Water bottles are sturdy, lightweight, and since they're reused, free.

If you have any specific questions about what to bring to camp, please don't hesitate to contact us at (410) 222-3822 or email Eoin (eoneill@aacps.org). We're happy to help!