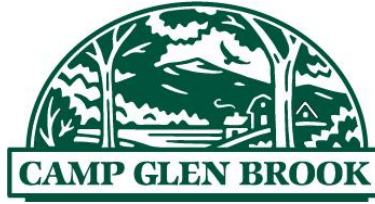


Packing List for Camping & Backpacking Trips



If you do not come to Glen Brook with the required items, you may be unable to participate. Items in bold are crucial.

Required:

- 5 tee shirts (synthetic are best)
- **1 set (top and bottom) long underwear--wool or synthetic**
- 1 synthetic long sleeve shirt
- 2 - 3 long pants (zip off types are nice in changing weather conditions. Synthetic athletic pants are good also)
- 3 pair socks (quick drying type)
- **At least three pair wool or synthetic hiking socks – very important!**
- 1 pair shorts
- 5 pair undergarments
- **Rain gear - tops and bottom, either Gore-Tex, rubber, vinyl or coated nylon, not breathable nylon.**
- **Sturdy hiking shoes (not keds, converse, or basketball sneakers. Shoes must be broken in. Call if unsure!**
- Comfortable camp shoes (slip on or flip flop type—eurhythmy slippers are perfect!)
- **Wool or fleece hat**
- **Gloves**
- **Two sweaters. Polar fleece, wool, soft shell NO COTTON SWEATSHIRTS**
- Sleeping clothes (appropriate to wear outside—can be your long underwear)
- Towel (large for glen brook & small hand towel/camp towel for hut)
- **Backpack 2500-3500 cubic inches. (Glen Brook has a limited supply to borrow—call for details)**
- Sleeping bag (not cotton) with stuff sack (mummy type is best)
- **2 One liter water bottles** – (A Camelback-type system is great, but you **MUST** bring a bottle because camel backs
 - often break)
- Small unlined journal for writing and drawing in.
- Pens, pencils (colored are nice)
- Personal hygiene kit (including personal medications)
- Small flashlight or headlamp
- Sunscreen & bug repellent

Recommended

- Camera (disposable are good)
- Reading materials for down time
- Lightweight binoculars

Things to leave at home:

- Personal Video Games
- ipods
- Cell Phones (may be checked in at the Camp office)
- Money

***Good sources for inexpensive gear are www.campmor.com , www.sierratradingpost.com. With backpacks it is important to have it fitted to your child's size please check with manufacturer for fitting instructions.