

Trekker Surf 'N Turf Packing List

Participants in Surf 'N Turf should pack in a large duffel bag or backpack. The items on this list cover everything that will be needed for all components of your program. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

All Trekker Participants Should Pack:

- Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)

Why? This is in line with our infectious disease protocol

- Hiking boots or shoes

- They must be comfortable and sturdy. ***Wear them a lot before camp so that they will be broken in***

- Sleeping Bag & Stuff Sack

-Synthetic & rated to 20 or 30 degrees *must stuff to a small size that can be easily carried

- Sleeping pad (CCO can supply one)

- Long Underwear top and bottom

-**No cotton.** It will **not** keep you warm when wet. Polypropylene is the best fabric for warmth and comfort

- 1 Day pack

-This should be a school book size backpack; it should be large enough to hold rain gear, extra clothes, sunscreen, water bottle, and lunch for day hikes

- 2 Water bottles (**32 oz. Nalgene bottles are best**)

- 1 rain poncho or rain jacket/pants combination (**highly recommended**)

- If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on

- 1 fleece jacket or wool sweater

- Baseball hat

- 1-2 pair sweatpants or fleece pants

- 1-2 Swim suits

- 2-3 pairs long pants (hiking, jeans, etc.)

- 2 Bandanas

- 4-5 pair shorts

- Towel & wash cloth

- 1 pair tennis shoes

- Lightweight gloves

- 5-6 pairs socks

- Small flashlight or headlamp

- 6-10 pairs underwear

- Sunscreen, Chapstick, insect repellent

- 2-3 long sleeve shirts

- Toiletries (toothbrush/paste etc.)

- 4 t-shirts (no sleeveless, tube or tank tops)

- Sunglasses

- Warm winter hat

- Teva style sandals

Optional Items:

- Camera (inexpensive, disposable one, labeled with name)

- "Crazy Creek" or small camp chair

- Paper, pen, envelopes, and stamps

- Small pillow (airplane size)

- Journal/book/musical instrument

- Spending money for road trip

DO NOT BRING:

- Drugs, alcohol or tobacco **Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home early, without refund, at the parent's expense.*
- Knives or guns
- Expensive items that are not required for the trip
- Cell Phones (**except campers arriving by plane**), tablets, iPads, smart watches, or other electronics **items will be stored in CCO office during your session*