

AVID4 ADVENTURE OVERNIGHT CAMPS

9TH - 11TH GRADE TEEN LEADERSHIP PACKING LIST

Program Details: 13 Days/12 Nights

Out Of Cabin Backpacking Trip: 5 Days / 4 Nights



Welcome to the 9th – 11th Overnight Camp Program! The provided packing list serves as a *simple guideline of suggestions* to follow for your time at Avid4 Adventure Overnight Camp. Please use your best judgment to the number of items to consider based on the type of program, the length of session, and the needs and tendencies of your camper.

Before You Pack: Label, label, label! Would you bring your luggage to an airport counter without a luggage tag? Of course not! Similarly, you would be amazed how similar 100 sleeping bags and backpacks can look. This is vital to the success of returning items to campers when items are lost!

PLEASE bust out your labeler, luggage tags, and/or masking tape with a Sharpie and put labels on:

1. 100% of your child's items
2. The outside of their backpacks, duffel bags, sleeping bags, AND pillows.
3. **PLEASE label with your camper's LAST NAME, FIRST NAME, & GROUP NAME.**

Also, kindly leave junk food, candy, and other food items at home. Why? Well, for one... our chef teams take food seriously, and they want to fill your child with the right kind of energy. Also, there is a lot of wildlife at camp, and we want to appreciate them from a distance as opposed to in our cabins or campgrounds.

What To Pack In - Space is limited in the cabin, pack with this in mind!

- Day pack (book/school pack size)
- One suitcase/duffel bag/soft-sided foot locker
- Bedding and/or sleeping bag

Day Pack - With the following, day to day, items in it:

- **Masks** - We are requiring that all campers bring their own masks. We ask that you please bring at least **10** masks for your camper to encourage positive hygiene habits.
 - **TYPE OF MASK:**
 - Masks must be 2-ply
 - No buffs, gaiters or bandanas
 - Masks must cover the nose and mouth
 - Masks should be clean and fit snugly
- **2 Water Bottles**
- **Rain Gear** - Poncho or jacket/pants combination
- **Medium Weight Jacket** - Warm-long sleeved fleece or puffy jacket works best
- **Wool or Fleece Hat**
- **Insect Repellent** (non-aerosol)
- **Sunscreen**
- **Lip Balm with SPF**
- **Baseball Cap or Bandana**
- **Sunglasses with UV protection**
- **Flashlight/Headlamp with extra batteries**
- **Personal Hand Sanitizer**

Bedding: Due to COVID-19 protocols, we are unable to rent equipment to families. We have items available for purchase on our [online store](#).

- **In-Cabin Bedding** - Each camper will have a single-sized bunk bed with mattress on-site. You can bring your own separate sheets and blankets for in-cabin or use a sleeping bag if you're bringing your own.
- **Sleeping Bag** - All campers should have a sleeping bag with a minimum rating of 20 degrees.
- **Sleeping Pad** - A sleeping pad provides insulation from the ground when camping out, essential to stay warm!
- **Pillow**

Clothing & Personal Items:

- **T-Shirts** - a few should be non-cotton shirts for hiking. No sleeveless, tank or tube tops.
- **Hiking Pants** – comfortable, lightweight, and loose-fitting. Polyester or non-cotton fabric is best.
- **Shorts** – suitable for hiking. At least one pair should be loose, long shorts to be worn with a climbing harness. No “short” shorts please!
- **Warm Top Layer** - Sweatshirts, fleece jackets, or puffy jackets work well.
- **Long Pants** - Jeans, sweatpants, etc.
- **Pajamas or appropriate sleeping attire**
- **Athletic Socks**
- **Hiking Socks** – Wool or wool/poly
- **Underwear**
- **Towels** - 1 bath, 1 washcloth, 1 beach towel
- **Laundry bag**
- **Trash bag** - for wet clothes at the end of the session!
- **Comfortable hiking boots or sturdy tennis shoes**, *must be closed-toed*.
- **Closed-toed Water Shoes** - Crocs or Keen sandals are popular options.
- **Flip-flops** - For shower and in-cabin (cannot wear outside of cabin).
- **Swim Suit** - Appropriate for co-ed water activities, one-piece only for girls.
- **Toothbrush/Toothpaste**
- **Deodorant**
- **Soap/shampoo/conditioner**
- **Comb or Brush**
- **Shower Caddy or Shower tote**- this is to encourage hygiene items to not touch shared surfaces in bathrooms

Additional Suggested Items

- **Please note:** We strongly encourage campers to use their own bikes. Bikes should be tuned, fit campers well and be appropriate for riding on dirt trails (hand brakes and wider tires).
- **Stationery** – with pre-addressed, stamped envelopes, pen, and address list of friends & relatives
- **Sketch Pad or Journal**
- **Book(s)** - no e-readers please!
- **Costumes, wigs, funny clothing for special events & the Wild Western BBQ!**
- **Favorite Stuffed Animal or Photos from Home**
- **Deck of Cards**
- **Camera** (this cannot be a iPod Touch, iPhone, or another connected device)

The Anti-Packing List – The Things to Leave at Home

- | | |
|---------------------------------|---|
| • Televisions | • Knives |
| • Computers | • Alcohol |
| • Cell phones | • Tobacco |
| • iPods | • Drugs |
| • Make-up | • Money |
| • Fireworks | • One-of-a-kind items such as special t-shirts, |
| • Expensive Watches and Jewelry | family treasures, pets, etc. |
| • Expensive Cameras | |

Avid4 Adventure is NOT responsible for lost or damaged items.

REMEMBER TO PLEASE MARK EVERYTHING WITH YOUR CAMPER'S NAME IN PERMANENT MARKER. THIS IS VITAL TO THE SUCCESS OF RETURNING ITEMS TO CAMPERS WHEN ITEMS ARE LOST!

BACKPACKING TRIP GEAR LIST

This is a specific packing list for the 5 Day / 4 Night backpacking trip. Please note some of the items are repeated from the above list and while you do not need to double the quantity, please remind your camper to be sure to keep these items handy for the expedition.

Hiking can be strenuous and the key to staying warm, dry, and comfortable is **layering**. Make sure that your camper has adequate and appropriate layers for changing conditions. Be aware of your personal preferences and needs when assembling your gear and select what to bring accordingly. When thinking quantity, keep in mind that your camper will be carrying all of this, and while it is best to be prepared, a lighter pack can make for a happier experience.

UNLESS SPECIFICALLY NOTED, THESE ITEMS ARE REQUIRED FOR EVERY BACKPACKING TRIP. We want our campers to be well-prepared and safe during their backpacking trips for a variety of conditions. If you have any questions, please feel free to call your Camp Director to double check.

Weather - Never underestimate the variability of weather. Daytime temperatures range from 30° – 90° F and higher, nights can be 50° less than a daytime high. Expect rain, snow, and sunshine.

The Essentials - Due to COVID-19 we are unable to rent sleeping bags and pads but they are available for purchase on our [online store](#). If you would like to rent a backpack, you can select that option during the registration process.

- **Backpack** (minimum of 4,000 cubic inches – we suggest the [Osprey Ace 75](#)).
- **Sleeping Bag** - The most practical bag is a mummy-style, three season bag with a temperature rating of 20 degrees or lower that can compress down easily to fit into a backpack for their backpacking trip.
- **Sleeping Pad** - Used beneath the sleeping bag for warmth and insulation.

Outerwear

- **Rain Jacket and Pants** - Lightweight, waterproof, and breathable (Gore-Tex or similar product)
- **Puffy Jacket** – Down or Synthetic (Fleece Jacket can work, but this will not pack down as small as above).

Clothing – **NO COTTON!** Cotton absorbs water and sweat and when wet, you will lose heat through water 20X faster than air! Bring clothing that is fast-drying and wicks water/sweat away such as nylon, fleece, wool, and other similar synthetic products.

- **Light Long-Sleeved Shirt** - Synthetic top for sun, bugs, and cold.
- **Hiking Shorts**
- **Pants** - Quick-drying and lightweight. Zip-off pants are great!
- **T-Shirts** - Synthetic ONLY! One for hiking, one for camp works well.
- **Underwear** - Synthetic recommended
- **Hiking Socks** - Wool or wool/poly blend.
- **Sock Liners** - Synthetic (optional)
- **Baseball Cap or Sun Hat with brim**
- **Winter Hat**
- **Bandana**

Footwear

- **Hiking Boots Required** - Preferably waterproof and well broken in. We will be carrying loads in which trail runners or other athletic shoes will not give adequate support and the trails are rocky and root covered! We

suggest a sturdy boot that comes over the ankle. Leather and/or Gore-Tex with a Vibram sole will provide best protection. Younger campers who might not hike extensively can get away with a less secure boot/shoe. Older campers who plan to hike extensively should invest in quality hiking boots.

- **Sandals with Back and Heel** - For fording waterways and at the campsite.
- **Lightweight Gaiters (optional)** - Used for protecting your boots and lower legs when hiking.

Expedition Accessories

- **Headlamp with Spare Batteries** - Black Diamond headlamps are available at the camp store on our website!
- **Black Garbage Bags (2)**
- **32oz Nalgene/ Water Bottles x 2-3** - Nalgene style bottles work best. Campers may also bring a water bladder (what is used with a hydration pack) to use on hikes, but should not replace bringing water bottles.
- **Sunglasses (polarized)** - Campers will spend time between 8,000 and 13,000 feet in elevation and the sun is very powerful at this elevation. We suggest polarized, but at least make sure sunglasses have full UV protection.
- **Sunblock** - SPF 25 or more, travel size preferred.
- **Insect Repellent**
- **Lip balm** - SPF protection a bonus!
- **Bowl**
- **Spork**
- **Mug**
- **Toothbrush & travel-size Toothpaste**
- **Assorted Stuff Sacks & Zip Lock Bags** - For clothing, gear, snacks, small items, etc.
- **Feminine hygiene products as needed**

Optional Gear - Think Weight!

- **Pack Towel**
- **Trekking Poles**
- **Journal & Pen**
- **Watch**
- **Digital/Disposable Camera**
- **Small Paperback Book**