



# Pack & Paddle Packing List

You will need the following items for your Wilderness Camp experience. Note that there are valuable tips given for each item.

## Required Items

**Sleeping Bag**

DO NOT bring a big, bulky sleeping bag. Bring one that can be compressed to a small size (tip: go to Walmart and buy a cheap fleece bag)

**Clothes**

**T-shirts**

Light-colored T-shirts are nice as they retain less heat. Bring one for every day or less if you desire. Lightweight shirts or “sun shirts” are great!

**Shorts**

Bring at least one or two pairs. Synthetic is best.

**Underwear**

Synthetic please!

**Socks**

Bring 3 or 4 pairs, wool or synthetic. Cotton holds moisture and can lead to blisters.

**Rain Gear**

Poncho or parka, essential for the trip!

**Bandanas**

Great for sun protection and countless other things.

**Swimsuits**

Even if you can't swim, bring one anyways! Be modest, please. We often times we hike and swim in the same clothes.

**Boots**

The area is rocky, so high-top boots are preferred. Tennis shoes are ok. A thick sole will keep your feet less sore. Please bring shoes that are already broken in, blisters can ruin a great trip!



- Water Shoes/Sandals**  
Something with a good sole that you can walk in.
- Lightweight Jacket or Long-sleeved Shirt**  
For cold nights/mornings.
- Pants**  
One or two pairs, synthetic please!
- Fleece/Insulating Base Layer**  
A warm fleece and or a good synthetic baselayer may come in handy.  
A warm hat or beanie is also a good idea.

**All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry. We recommend that you do not bring jeans.**

## Other Items

- Water Bottles**  
Two water bottles carrying about 1 L each.
- Hydration System**  
Camelbak-style water bladder and hose (can be found at Walmart's camping section).
- Toiletries**  
Toothbrush, toothpaste, etc.
- Flashlight or Headlamp (w/ extra batteries)**
- Sunglasses**
- Sunscreen, Chapstick, Bug Repellant**
- Bible, Notebook, and Pen**
- Medications**  
All doctor-prescribed medications must come in the prescription bottle with directions.



## Optional Items

- Camera w/ film & batteries
- Hat  
To help shield from the sun!
- A good book, favorite travel game, hacky-sack, frisbee, etc.
- Camera (w/ batteries)
- Day Pack or Fanny Pack

## Camp Eagle Will Provide

- Backpack
- Tent
- Sleeping Pad
- Stove
- Cooking Pots
- Food
- Cooking Utensils
- Bowl and Spoon
- Water Filter
- First Aid Kit

## DO NOT Bring

- Cell Phones
- Watches
- Car Keys
- Walkie-Talkies
- Radios
- Electronics
- A Bad Attitude