YMCA Camp Chingachgook Adventure Trips
Adventure Groups Backpacking Trip Packing List

Please follow this list as closely as possible; being properly equipped for this trip is important to your health, safety, and enjoyment. Please feel free to contact your organization’s trip coordinator with any questions.

✓ Pack your gear in plastic-lined duffel bags and stuff sacks.
✓ Participants must have all of the required items prior to arrival at Camp.
✓ Remember to think lightweight and minimal bulk as you will be carrying all of your belongings.
* Refer to the included Notes about Specialized Equipment for Adventure Groups for more details.

Clothing
- **Rain Pants & Parka** – must be waterproof, breathable, durable nylon or comparable material
- **Windshirt or Jacket** – quick drying (no cotton)
- **Sweaters** – 1 Fleece or wool (no cotton); should layer with other clothing for warmth
- **Shirts** – 2 short-sleeved, 1 long-sleeved
- **Shorts** – 1 pair, quick dry is best
- **Pants** – 1 Wind or sweatpants style; wool, fleeced, quick dry nylon (no cotton nor jeans)
- **Swimsuit** – 1
- **Socks** – 2 Pair cotton/wicking; 2 pair wool/fleece
- **Underwear** – 3 Pair
- **Long Underwear (top & bottom)** – 1 Pair synthetic
- **Shirt** – 2 short-sleeved, 1 long-sleeved
- **Shorts** – 1 pair, quick dry is best
- **Pants** – 1 Wind or sweatpants style; wool, fleeced, quick dry nylon (no cotton nor jeans)
- **Swimsuit** – 1
- **Socks** – 2 Pair cotton/wicking; 2 pair wool/fleece
- **Underwear** – 3 Pair
- **Long Underwear (top & bottom)** – 1 Pair synthetic
- **Wet Shoes** – Water booties, sport sandals with ankle strap, or sneakers for swimming
- **Dry Shoes** – Sneakers or boots
- **Winter Hat** – Wool or fleece for cold nights, wet & windy days
- **Summer Hat** – Ball cap or wide brimmed for sun

Gear
- **Sleeping Pad** – Ensolite style foam pad or Thermarest style with patch kit
- **Sleeping Bag** – (Synthetic insulation) with waterproof stuff sack or garbage bag-line stuff sack
- **Backpack** – Internal or external frame; 3000+ cubic inches capacity, padded straps and waist belt
- **Flashlight or Headlamp** – With extra batteries and bulb
- **Sunglasses** – With retainer cord!
- **Water Bottle or Hydration Bag System** – 2 (32-oz) bottles or 1 bag + 1 bottle
- **Toiletries** – Travel size biodegradable soap, toothbrush, toothpaste, deodorant, etc.
- **Spoon** – Metal teaspoon, tablespoon, or spork
- **Bowl** – Durable plastic or lexan; 8-10” in diameter and 2” deep
- **Day Pack** – Small backpack for carrying daily items and water during the day
- **Plastic Bags** – ZipLock freezer bags to sort & protect gear plus extra garbage bags for lining duffel bags/sacks
- **Sunscreen** – SPF 15+, full bottle
- **Insect Repellent** – non-aerosol; avoid 100% DEET
- **All forms for Camp Chingachgook**

Optional Items
- **Bandanna**
- **Travel Mug** – For drinking hot cocoa/tea
- **Backpack Rain Cover** – Fitted for your pack
- **Trekking Poles**
- **Gaiters** – Short ankle gaiters are fine
- **Journal or Notebook with Pen**

Prohibited Items
- **Electronics** – Portable music players, video games, walkie talkies, laptop computers, hairdryers, etc. Please, no cell phones.
- **Firearms, Hatchets or Knives**
- **Lighters, Matches, Fireworks**
- **Jewelry** or other valuables
- **Alcohol, Tobacco, or Illegal Drugs**

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Camp Chingachgook YMCA is not responsible for the theft of or damage to personal equipment. Please LABEL ALL your equipment and clothing and LEAVE ALL valuables not necessary to the trip at home.