



Packing List: Backpacking

Quantity	Item	Comments	✓
2	Water Bottle	You should have ~2 liters of capacity.	
1	Hiking Boots	Break them in to avoid blisters!	
5	Socks	Thick wool socks are best.	
1	Backpack	Sizing: 2-5 days: 50L+, 6-12 days: 60L+, 12+ days: 70L+. We have 70L backpacks available for rent!	
1	Daypack	For short day hikes without all your gear.	
1	Compass		
1	Camp Shoes/Sandals	Whatever will keep your feet comfy after a long hike.	
3-4	Synthetic T-shirt	Please avoid cotton.	
1	Synthetic mid-layer	I.e. a synthetic fleece or wool flannel. Please avoid cotton.	
1	Warm Jacket	I.e. a "puffy"- It seems like overkill, but it can get pretty chilly at night.	
1	Rain Jacket	Rain pants are optional.	
1	Pants	Please avoid cotton.	
1	Shorts	Please avoid cotton.	
1	Swimsuit	we do not recommend a towel towel. Small cloths or quickdry camp towels are the way to go.	
1	Sleeping bag	Synthetic is bulkier but cheaper and better when wet. Down is lighter but useless when wet. We have sleeping bags available for rent.	
1	Sleeping pad	We're strong proponents of a good ol' fashioned foam pad. We have sleeping pads available for rent.	
1	Bowl	Snap-top tupperware works great!	
1	Spoon		
optional	Extra snacks	We will provide plenty of food! This is purely optional.	
1	Hat		
1	Sunglasses		



Packing List: Backpacking

lots!	Sunscreen		
1	Hand sanitizer		
Double!	Personal medication	Please bring medications in its original container . This is required by law . Please have double the amount necessary for the trip in case one first-aid kit is lost.	
1	Epipens	We keep one in each first aid kit, but if your participant normally carries one please bring it!	
	Hygiene kit	Toothbrush, toothpaste, feminine hygiene products, etc.	
1	headlamp/flashlight	Some extra batteries aren't a bad idea.	
Optional	Fun stuff!	A frisbee, cards, a journal, etc.	

A Few Other Notes

- We will provide tents, food, cooking supplies, first aid kits, and fire building equipment. If you think of something not on this list feel free to **ask us about it!**
- We said it several times on this list, but **please avoid cotton!** When it gets wet, cotton makes you cold really fast which can be a big problem if the weather turns wet or cool. Synthetic materials (i.e. athletic clothes, polypro, etc.) are the way to go.
- A note on quantity: Since you'll be carrying everything with you, it's not worth it to bring a change of clothes for every day (you'll be pretty smelly by the end of the trip anyway). We typically recommend 1-2 shirts for hiking and one to wear in camp. One pair of shorts and one pair of pants are plenty. We'll let you make your own decision on underwear.
- If for any reason you're struggling to find any equipment, **get in touch!** We can probably help you out.
- Please do not bring weapons, fireworks, drugs, alcohol, or other illegal or potentially disruptive items on your trip. It is in your best interest to bring less, not more, on trips. If you have questions about whether or not an item is appropriate, just ask!
- Please read our [electronics policy](#) before packing any electronic devices.
- If you have any questions feel free to email charlie@crystalaireadventures.com or call (414) 588-9921.