



# Packing List: Base Camping

Quantity	Item	Comments	✓
2	Water Bottle	You should have ~2 liters of capacity.	
1	Hiking Boots	Or shoes that you can wear while walking long distances.	
3	Socks	Thick wool socks are best.	
1	Backpack/Duffle	Since this is a base camping trip, you don't need a "backpacking" backpack. Just make sure that everything fits in one bag and your participant can carry it for ~.5 miles.	
1	Camp Shoes/Sandals	Whatever will keep your feet comfy after a long hike.	
1-2	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, especially on an island and especially early in the summer.	
1	Rain Jacket		
1	Pants	Please avoid cotton.	
1	Shorts	Please avoid cotton.	
1	Swimsuit		
1	Sleeping bag	Synthetic is bulkier but cheaper and better when wet. Down is lighter but useless when wet. <b>We have sleeping bags available for rent</b>	
1	Sleeping pad	We're strong proponents of a good ol' fashioned foam pad. <b>We have sleeping pads available for rent.</b>	
1	Bowl		
1	Spoon		
optional	Extra snacks	We will provide plenty of food! This is purely optional.	
1	Hat		
1	sunglasses		
lots!	Sunscreen		



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1	Hand sanitizer		
Double!	Personal medication	Please bring medications with their <b>original container</b> . <b>This is required by law</b> . Please send 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		
3	Extra batteries		
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, even on a trip like this, 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.
- Hiking on South Manitou trips isn't super rigorous. **Any old walking shoe will do** – just make sure you've walked a long time in it without blisters or anything else!
- Our base camping trips tend to take place in pretty gentle areas like the Manitou Islands. We won't carry our equipment for miles, rarely going more than a mile to drop off equipment. Our hikes may be much longer than that, but they don't require you to bring all your gear along. Bring what you need to be comfortable, but don't invest too much money into this kind of equipment. Regular summer clothing will be just fine.
- 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.