



MountainCamp Service and Adventure Program PERSONAL EQUIPMENT PACKING LIST

This list of clothing and gear is intended as a comprehensive list of the things that a participant in the Service and Adventure Program will need **for the backpacking portion of the program**. Items listed on the general MountainCamp Packing List should also be packed for camp. (You receive the general Packing List with other paperwork after registering.)

Bringing the appropriate equipment on a backpacking trip can make all the difference in a trip, the difference between comfort and discomfort - being safe or unsafe. Please take this list seriously, and if you have any questions, contact the Camp Director: Brian Gifford, brian.gifford@mountaincenters.org, (828) 526-5838 ext. 253.

Good online sources for inexpensive but fully functional equipment (good stuff, cheap):

www.campmor.com
www.cabelas.com
www.sierratradingpost.com

The Mountain can loan you those items that are marked with an asterisk (*).

Footwear – Having comfortable footwear that fits and protects is vital to your enjoyment in the outdoors. Go to an outdoor store, get assistance from the store personnel finding the right shoe for this experience, and wear those boots as much as possible before arriving at The Mountain to break them in.

- Hiking Socks (3 pair), mid-weight, wool or synthetic (one pair of “wicking” sock liners, also recommended)
- Hiking Boots – Must have ankle support, be well broken in, and water sealed. When trying on boots, look for a boot that fits your foot without pressure points or slippage, especially in the heel.
- Water shoes (must be secure on feet – no flip flops). Old, light-weight running shoes can work, but light synthetic sandals work best.

Clothing – The right clothing can make the difference between being wet and cold or warm and dry (and safe!). Avoid clothing made with cotton (when it gets wet, it takes a long time to dry). While cotton clothing will work for on-Mountain activities, you should have a supply of non-cotton for the trail. Silk, wool or synthetics work well for the trail (synthetic fabrics work best). Raingear needs to be truly waterproof.

- Warm Hat (knit or fleece)
- Hat, baseball or sun hat
- Bandana(s)
- Complete set of synthetic long johns (top and bottom) **Yes, even in the summer.**
- Fleece top or a non bulky wool sweater
- Synthetic Underwear (3) –Something which fits snugly and has “legs” can prevent chaffing.
- Rain jacket –fully waterproof (It is worth spending the money on something good. This is a safety item.)
- Rain pants –fully waterproof (Also, worth spending the money. This is a safety item.)
- Nylon shorts (2) –Athletic shorts work well.
- Short-sleeved shirts (2) –Thin and synthetic (nylon or other material)

Backpacking – Get a good backpack. You will be glad you did when you are carrying it.. You can get an **internal** (minimum of 3500 cubic inches) or **external** (minimum of 5000 cubic inches) frame backpack. A reputable outdoor store, like REI, will help you find a good pack that fits you well (just because they fitted you at the store, doesn't mean you have to buy the backpack from them). Make sure that you have tried on the pack before spending the money!! Mail order won't work unless you have been measured properly. The Mountain has a limited number of packs available to loan out – Please contact the MountainCamp Director to reserve one.

- Backpack *
- Backpack cover –waterproof and durable (backpacks are never really waterproof)
- Sleeping bag – Ideal bags are synthetic filled, under 4.5 pounds, and are rated to 40 degrees or colder.
- Sleeping pad * – Closed cell foam or *Thermarest* type
- Water Bottle (2)* – At least a 1-liter size bottle with a large screw on lid –needs to be very durable
- Headlamp or Flashlight (lightweight)
- Extra Batteries and bulbs for Headlamp or Flashlight
- Whistle

Eating –durable plastic works best for plates and utensils on the trail

- Bowl*
- Spoon*
- Fork*
- Cup or mug*

Toiletries

- Toothbrush and toothpaste
- Sun Block (SPF 30+)
- “Backpacking/camp towel” –fast drying and light
- Feminine products
- Hand sanitizer

Other

- Garbage bags, large and small*
- Ziploc bags for keeping small things dry
- Comfortable clothes
- Camera –disposable highly recommended
- Stuff sacks –very helpful
- Logbook/ journal, pencil
- Extra glasses/ contacts
- Sunglasses

Work Week Clothing and Equipment –

- Work gloves
- Pack clothing that you are willing to get dirty

Do not bring any electronic items like radios or cell phones. Also, leave the pocket knives at home. Watches will generally be left behind at The Mountain when you are out on the trail.

In order to track what you may need to borrow from The Mountain, print out this sheet, cross off what you have, contact the MountainCamp Director to reserve equipment, and come to camp with list in hand!!

We are not expecting participants to come to the program with top of the line backpacking equipment! There are lots of providers out there that make budget conscious equipment that is equal in usefulness!! If you are having trouble finding anything on this equipment list, please call Brian at 828-526-5838 x253!!