



Teen Trek Packing List

Clothing:

- Hiking boots (with ankle support, these must be “worn-in” before you come to camp to help prevent blisters)
- Socks! 2 pair for each day (1 for hiking, 1 dry pair for sleeping) YES: wool, polypro, blends, etc., NO: cotton!
- Underwear (1 for each day)
- Long underwear, YES: lightweight wool, polypro, blends, NO: cotton!
- Long pants: hiking, sweat, athletic, NO jeans!
- Shirts: at least 2 (one cotton is OK)
- Lightweight shirt/ jacket to keep sun/bugs off
- Warm jacket for evenings (fleece, puffy, etc.)
- Rain gear: Jacket (more than a plastic poncho) and pants (Goretex is a good product)
- Baseball cap and fleece hat

Gear:

- 2 Nalgens, or liter leak-proof water bottles
- Sleeping bag, less than 3 pounds, and suitable for cold nights (20 degrees or below)
- Small camping pillow, or use jacket stuffed into your sleeping bag stuff sack
- Hiking pack (around 30-40 liters) if you have one. If not, we can supply one from camp.
- 2 Bandanas
- Water-proof sacks/ covers for your sleeping bag and hiking pack are useful

Personal Items:

- * Medication (DO NOT PACK) *
- Camera, case, batteries (optional)
- Head lamp/ flashlight
- Bug spray (non-aerosol)
- Sunscreen
- Toothbrush/ toothpaste (travel size)
- Sunglasses
- Journal/ stationery (optional)

At-camp needs

(These are items you’ll likely not be taking with you on your trek, but might want for your days at Camp K.)

- Extra clothes for camp only (jeans, street, clothes)
- Book, magazine, reading material
- 1 pair shorts (depends on weather)
- Swimsuit, water shoes, towel
- Shampoo, soap, shower shoes, for showering
- Binoculars
- White item for tie dying (t-shirt, pillow case)

MEDICATION REMINDER: DO NOT PACK!

Any medications (over the counter and medically prescribed) that you are sending with your child will be collected by the camp staff prior to your child boarding the bus from Anchorage. **Put all medication bottles in a zip lock bag and mark with camper’s name.** Medications will be stored in the Health Center.

All medications that you send with your child, including vitamins, cough drops, etc.- **must be in original or prescription containers with instructions for administration.** The Camp Nurse will only administer prescription medication based on the Rx instructions on the label. Over-the-counter medication will only be administered as outlined on the product’s printed directions.

Any request for variation to prescription and/or over-the-counter medication administration MUST BE provided through written instructions from a medical professional.

Is there an item you don’t have?

Don’t worry! Check with the Camp Fire office in **advance**, as we often have extra items you can borrow at camp.

DO NOT BRING:

Cell phones, electronic games, music players, money, food, pets, blow dryers, curling irons, matches, lighters, weapons, fireworks, alcohol, cigarettes or ecigarettes, illegal drugs, or negative attitudes. Found items will be held until the end of camp, and appropriate authorities notified when necessary.