



Expedition Backpacking Packing List

Welcome to the Expedition Backpacking Program!

We're excited to have you join us! The packing list below is a simple guide for your camper's time at camp. Feel free to adjust based on the type of program and session length your child is enrolled in.

Label, Label, Label!

Would you bring your luggage to the airport without a luggage tag? Of course not! Similarly, you'd be amazed how similar 100 sleeping bags and backpacks can look. So, **please label everything** with your camper's **Last Name, First Name, and Group Name** using a label maker, luggage tags, or masking tape and a Sharpie. Label:

1. 100% of your child's items.
2. The outside of backpacks, duffel bags, sleeping bags, and pillows.

Important Reminder:

Leave junk food, candy, and other food items at home. Our chefs are serious about fueling your camper with the right energy, and we want to keep wildlife at a safe distance—far from cabins and campgrounds.

Before You Pack:

- Mark **everything** with your camper's name in **permanent marker**. This helps ensure that lost items are returned to their rightful owners!
- Hiking can be strenuous, so layering is key to staying warm, dry, and comfortable. Choose gear that suits your child's personal needs. Keep in mind that you'll be carrying everything, so a lighter pack makes for a happier experience.

Required Items:

We want our campers to be well-prepared for all conditions. If you have any questions, feel free to contact the Camp Director at info@greenriveroutreach.com.

Weather:

Never underestimate the variability of weather, especially in the Rocky Mountains! Expect temperatures ranging from 30°F to 90°F during the day, and up to 50°F cooler at night. Be prepared for rain, snow, and sunshine.

The Essentials:

These items are required and can be rented in advance via your online account. Please rent ASAP as supplies are limited:

- **Backpack (50L minimum):** Fit is crucial, so please ensure your child's backpack fits properly. We're happy to help with any questions!
- **Sleeping Bag:** A mummy-style, 3-season bag rated for 20°F or lower. Lightweight, packable options are best.
- **Sleeping Pad:** Provides insulation and warmth beneath the sleeping bag. Can be rented with the sleeping bag.

Outerwear:

- **1 Rain Jacket and 1 Pair of Pants:** Waterproof and breathable (Gore-Tex or similar). Please, **no ponchos**.
- **1 Puffy Jacket for Warmth:** Down or synthetic.
- **1 Fleece Jacket:** Warm, lightweight, and packable.

Clothing (No Cotton!):

Bring moisture-wicking, fast-drying clothes. Cotton traps water and makes you lose heat quickly. Here's a suggested number of items:

- **2 Long-sleeved Polypropylene Tops** (for sun, bugs, and warmth).
- **1 Hiking Shorts**
- **2 Pants** (quick-drying, lightweight; zip-offs are great).
- **2 Wicking T-shirts** (wool or synthetic only).
- **3-5 Pairs of Underwear** (synthetic, 2-3 for hiking, 1-2 for camp).
- **4 Pairs of Wool Hiking Socks** (1 for sleeping, the rest for hiking).
- **1-2 Sock Liners** (optional, for reducing blisters).
- **1 Baseball Cap or Sun Hat** (with a brim).
- **1 Wool or Fleece Hat** (essential).
- **1 Pair of Gloves** (for warmth and bug protection).
- **2 Bandanas** (useful for various camp needs).

Footwear:

- **Hiking Boots (Required):** Waterproof and well broken-in. Sturdy boots that come over the ankle are a must for rocky and root-covered trails. **Break these in at least 2-3 weeks before the trip** to avoid blisters!
- **Sandals with Heel Strap (Closed-toe)** (for water & camp).
- **Lightweight Gators (Optional):** Protects boots and legs during snow or brush hikes.

Expedition Accessories:

- **1 Headlamp with Spare Batteries**
- **2 Black Garbage Bags** (for waterproofing backpacks).
- **2 Nalgene Water Bottles (32oz)** (Nalgene preferred; Camelbak is fine too, but bring at least one 32oz bottle).
- **Ziplock Bags** (for sorting clothing and gear).
- **1 Pair of Polarized Sunglasses** (essential at higher elevations).
- **1 Small Bottle of Sunblock** (minimum SPF 25).
- **1 Lip Balm** (with sunscreen).
- **Optional Items:** Bowl, spork, mug, toothbrush, and feminine hygiene products if needed.

Optional Gear (Weight Matters!):

- Trekking poles
- Insect repellent
- Journal & pen
- Watch
- Digital/Disposable Camera
- Small paperback book (if you're a reader)

Leave at Home:

- Electronics like phones, iPods, or computers
- Expensive watches, jewelry, and cameras
- Makeup
- Fireworks, knives, alcohol, tobacco, or drugs
- Money or sentimental items like special t-shirts or family treasures

Important Reminder:

Camp GROW is not responsible for lost or damaged items. Please make sure everything is **labeled with your camper's name** in permanent marker. It's vital for returning items when they are lost.

We are looking forward to a fantastic backpacking experience!