

What to Bring to Camp

Teen Expedition Pack List

To make sure campers come to Adventure Links prepared, we've generated pack lists for our Expeditions.

Note: all campers should be dropped off Sunday having already eaten lunch.

Pack Items	
<input type="checkbox"/> Water bottle/ Nalgene	3-4
<input type="checkbox"/> Eating utensils and a mess kit or sturdy bowl and cup	1
<input type="checkbox"/> Sunglasses	1
<input type="checkbox"/> Sunscreen (at least 30 SPF)	1
<input type="checkbox"/> Bug Spray	1
<input type="checkbox"/> Rain Gear (rain jacket and rain pants)	1
<input type="checkbox"/> Backpacking sleeping bag rated between 15 - 40 degrees	1
<input type="checkbox"/> Sleeping pad (goes underneath sleeping bag)	1
<input type="checkbox"/> Pack Pillow (small packable size)	1
<input type="checkbox"/> Small flashlight	1
<input type="checkbox"/> Extra batteries	2
<input type="checkbox"/> Towel	1
<input type="checkbox"/> Personal toiletries	1
<input type="checkbox"/> Daypack/ Small backpack for day trips	1
<input type="checkbox"/> Medium-Large Backpack & Duffle (New England Expedition) (will be hiking and sleeping at the top of Mt. Washington for 1 night)	1
<input type="checkbox"/> Large Overnight Backpack & Duffle (North Carolina) (will be backpacking for 4 days)	1

Clothing	
<input type="checkbox"/> Close toed shoes	1
<input type="checkbox"/> Close toed water shoes (with backs)	1
<input type="checkbox"/> Sturdy hiking boots with ankle support	1
<input type="checkbox"/> Jacket or windbreaker (can double with raingear)	1
<input type="checkbox"/> Wool or fleece pullover	1
<input type="checkbox"/> Long sleeved shirt	1
<input type="checkbox"/> T-shirt	4
<input type="checkbox"/> Polypropylene t-shirts	2
<input type="checkbox"/> Shorts	3
<input type="checkbox"/> Long pants	1-2
<input type="checkbox"/> Bathing suit (can double with shorts)	2
<input type="checkbox"/> Underwear	14
<input type="checkbox"/> Cotton socks	3-5
<input type="checkbox"/> Wool or synthetic fiber socks	2-3
<input type="checkbox"/> Cap or brimmed hat	1
<input type="checkbox"/> Bandana	1
<input type="checkbox"/> Trash bag with name on it for dirty clothes	1

- Polypropylene or synthetic fabric long underwear (tops and bottoms) 1

Optional Items

- \$20 for spending on program 1
- Camera/film 1
- Book 1
- Journal 1

Please Do Not Bring

- Cell Phones 0
- iPods 0
- Electronics 0
- Knives 0
- Jewelry 0
- Expensive Personal Belongings 0

Boundary Waters Specific Pack List

Pack Items

- Water bottle/ Nalgene 3-4
- Personal Toiletries 1
- Small Camp Towel (do not bring full size pool/bath towel) 1
- Sunscreen/Bug Repellant (careful if it contains DEET- melt/damage gear) 1
- Small Flashlight with change of batteries 1
- Sunglasses 1
- Camera 1
- Bandana 1

Clothing

- Clothes to wear while traveling 2
- Short Sleeve T-shirt 2
- Long Sleeve Shirts 2
- Pants (do not bring jeans or any other heavy cotton pants—we will get our legs wet on a daily basis and cotton will not dry) 1
- Shorts (pants that zip into shorts are great and take up less space) 1
- Swimsuit/Swim Trunks (can act as shorts-cut the weight where you can) 8
- Underwear (you be the judge on how many, bringing 14 pair may get heavy) 1
- Hat with Brim 1
- Light weight Jacket (Fleece, not cotton) 1
- Rain Gear (Jacket required, Pants recommended) 1
- Hiking Boots/Leather High Top Boots (need ankle support) 1
- Tennis Shoes (dry shoes while in camp-can double with travel shoes)
- Wool/Synthetic Socks (do not bring cotton socks, they will be left at Adventure Links) 3-4

Optional Items

- \$50-\$100 (will have opportunity to purchase souvenirs at the end of the trip, in addition to (2) lunches on the days we are flying. Campers are responsible for their own money.)
- Book 1

- Journal** **1**

Please Do Not Bring

Remember, we will carry every item with us the entire trip. We must also assume that everything we take with us will get wet at some point in the trip. Please do not bring the following items

- **Cell Phones** **0**
- **iPods** **0**
- **Electronics** **0**
- **Knives** **0**
- **Jewelry** **0**
- **Expensive Personal Belongings** **0**
- **Unnecessary/heavy items** **0**
- **Lighters/matches** **0**

The outfitters will supply the following items, but you may bring your own if you wish to:

- Sleeping bag**
- Sleeping Pad**
- Mess Kit**
- Pack with pack liner**

Hopefully, you will be able to fit all of these items into a single duffle/airline bag. Bags should be less than 50 lbs. You can do it! We will usually avoid carry-on bags to ensure we pass smoothly through security.

If you Plan on Fishing, you can bring your own rod. We will supply a few rods for the group. A multi-piece backpacking rod is perfect. The following items may want to be included for those interested in fishing. All of these items can be purchased at the Outfitter before the trip.

- Rod and Reel with 8-12 pound test line**
- pocket size tackle box**
- Lures such as spoons, rapalas, spinners, jigs, wire leaders, hooks, sinkers, stringer**

Should you have any questions about these items or if other items are appropriate for camp, please call Adventure Links at **(800) 877-0954**. Please note Adventure Links will not be responsible for lost, stolen or damaged goods.