

## Call To Adventure Gear List

### Required Equipment

- **Hiking Boots:** (lightweight, comfortable and waterproof). **VERY IMPORTANT ITEM!** Make sure they fit well and are broken in before the trip.
- **Backpack:** internal frames are strongly preferred, as well as acquiring the highest volume possible for your body because we need to fit a 10 liter bear can inside each person's pack. **40 liter capacity minimum** if possible. Smaller packs may not be able to fit enough gear! **However, priority is that it fits!**
- **Sleeping Bag:** +20 degrees or warmer. Synthetic fill, NO DOWN; it is useless when wet.
- **Compression Stuff Sack** for sleeping bag—it needs to pack down into a compact size.
- **Sleeping Pad:** closed cell foam, NOT inflatable (due to punctures/leaks), with strap to roll/fold it up and attach to backpack.
- **Ground Cover:** plastic ground footprint or 50-gallon plastic trash contractor bag
- **Pack Cover** or 50-gallon plastic trash contractor bag
- **Light Sandals** like Tevas, Crocs, water sox or old tennis shoes (to wear in camp)
- **Rain Jacket.** Essential item! **Please make sure the material is actually waterproof!**
- **Rain Pants.** Essential item! **Please make sure the material is actually waterproof!**
- **Small Flashlight or Headlamp** and extra batteries
- **2 Water Bottles:**
  - **One filtering water bottle** that removes giardia and cryptosporidium. Examples: Sawyer Water Treatment Filter Bottle, LifeStraw Go by Vestergaard, Aquamira Filtration Water Bottle. Please see our website for more details. (Note: Brita or Camelbak bottles that just filter out chlorine will NOT work). **Must be a water bottle, not a bag or pump.**
  - **One nalgene wide-mouth 1-quart/liter water bottle** (no squirt top bottles, they leak)
- **A Mess Kit:**
  - Insulated mug with handle for hot drinks (lightweight, with lid)
  - Camping bowl (not glass/ceramic): square Rubbermaid or Tupperware with lid that can hold utensils is great, not the flimsy disposable ones
  - Fork and Spoon
- Sports referee or emergency **Whistle** (for emergency contact)
- Small towel or **Washcloth**
- Fragrance-free **Sunscreen** (15-50 spf)
- **Toothbrush & toothpaste**
- **Mosquito repellent** (non-toxic)—please no DEET
- **Mosquito head net**
- 2-4 gallon-sized **Ziploc Bags** for keeping gear organized and dry and for managing waste
- **Sunglasses** (Optional. UV protection, not too dark or reflective)
- **Camera** (Optional. Cell phones are not an option; only single-purpose cameras will be allowed.)
- **Knife** (Optional) fixed or locking—Please see Knives section of “Guidance about Gear”
- A small **Journal** and a **Pen** (optional)

### **Clothing for the Trail (each item labeled clearly with the owner's name or initials)**

- 1 set Polypropylene Long Underwear (top and bottom)
- 1 pair light Pant(s): thin wool, fleece, or nylon/polyester — NO COTTON or JEANS
- 1 Long Sleeve Shirt or thin sweater (synthetic, silk, wool) — NO COTTON
- Warm, thick Fleece or Wool Jacket
- 2 athletic (quick-dry) T-shirts (Cotton Blend is acceptable)
- 3 pair Underwear (Cotton ok, sports bras)
- 1 pair athletic/hiking quick-dry Shorts (Cotton not recommended)
- 2 pair thin Polypropylene Liner Socks
- 2 pair wool or synthetic thick Hiking Socks
- 1-2 Bandanas or Handkerchiefs
- Swimsuit
- Sun/Rain Hat with brim
- Warm Stocking Hat (Ski Hat)

### **Van Bag**

- **Daypack or Athletic Bag** (a sturdy, school book bag is okay)—to keep a clean change of clothes for the end of trip, and to carry water bottle/book/etc for van ride.
- 1 clean outfit for return: clean pants/shorts, shirt, socks and underwear

Please make sure to review our [Tips About Gear & Equipment](#) information page!