FOOTWEAR

1 Pair of hiking boots
Look for boots with good ankle protection and support and a durable sole. Sandals, Crocs, or any footwear where the foot is exposed will not be allowed while hiking.

3 Pairs of socks
Heavy wool, merino wool, or thick synthetic polypro. No cotton.

1 Pair of camp shoes
1 Pair of durable sandals

SLEEPING EQUIPMENT

1 Sleeping bag
We highly recommend synthetic bags rated to 20-30 degrees fahrenheit.

1 Sleeping pad
A closed-cell foam or lightweight inflatable pad (therm-a-rest, big agnes, exped) works great.

(Optional) 1 Compression sack for sleeping bag
Compression sacks can help minimize the size of sleeping bags while packed.

BACKPACK

1 Backpack
Internal frames are preferred. Minimum of 5000 cubic inches.

3 Small stuff sacks
Great for organizing items in your pack.

1 Waterproof pack cover
You can usually find a pack cover designed for your pack. A plastic trash compacter bag will work as well.

OPTIONAL GEAR

1 Camera
Small, light, and durable with extra batteries.

1 Book
Lightweight recommended.

1 Knife
Small pocketknife or multi tool.

1 Whistle
If you have a favorite whistle.

Eating gear
If you have your favorite bowl, mug, or spoon, bring it. Tupperware (1-2 pints) with a screw-on lid, lexan plastic spoon, and an insulated mug (12-20 ounces) are recommended.
CLOTHING FOR KON-O-KWEE

4-5 Days of clothing
Bring comfortable clothes for the time spent a Kon-O-Kwee. Only pack what you will need.

1 Towel
For showering at camp.

Toiletries
Anything you will not be taking on your trip (shampoo, soap, deodorant).

Bedding
Sheets/pillows to be used before and after your trip. You can also use your sleeping bag.

1 Swimsuit
For girls, a 1-piece or camp appropriate 2-piece without string ties. For boys, trunks or board shorts, but no speedos or jammers.

CLOTHING & APPAREL

2 Synthetic tshirts
Synthetic fabrics dry fast and can be considered an insulating layer. Pack one for hiking and one for at camp.

1 Light to mid-weight long sleeve shirt
Synthetic or merino wool base layer top.

1 Rain jacket
A lightweight, waterproof jacket with a hood. Coated nylon or breathable fabrics such as gore-tex are acceptable. Should fit over all layers.

2 Pairs of nylon shorts
Quick-drying, loose-fitting shorts. Pack one for hiking and one for at camp. No cotton shorts please.

1 Pair of lightweight long pants
Nylon or any quick-drying material.

1 (optional) Pair of rain pants
Coated nylon or breathable fabrics such as gore-tex are acceptable. Should fit over all layers.

2-3 pairs of underwear
All underwear should be made of synthetic materials.

1 Sun hat
A baseball cap or visor with a brim works great.

(Optional) 1 Pair of sunglasses and sunglasses retainer
Lenses should be dark and block all uv light.
MISCELLANEOUS PERSONAL GEAR

1 Headlamp
Lightweight options can be found from petzl, black diamond, and princeton tec. Make sure there are fresh batteries upon arrival.

1 Sunscreen
Tube with 2-3 ounces will due. Make sure it is at least spf 30.

(Optional) 1 Lip balm
Stick or cream. Make sure it provides sun protection.

1 Insect repellent
Small bottle.

(Optional) 1 Pair of trekking poles
Trekking poles work well to relieve stress on knees and ankles. Single or double adjustments work well. Walking sticks or ski poles are not recommended.

2 Water bottles
Two 32-ounce wide-mouth bottles or water bladders work well.

1 Journal
Small, packable journal with pen/pencil. Avoid heavy notebooks.

Toiletries
Toothbrush and toothpaste, lotion, comb, feminine hygiene products, hand sanitizer. Avoid odorous items as they can attract animals. No deodorant.

Prescription glasses or contact lenses
Bring back up pair if possible.

2 Bandanas
Any old bandana will do. Highly recommended for women.

ITEMS TO LEAVE AT HOME

- Cell phones
- Expensive/irreplaceable items
- Fire hazards: candles, hotplates, etc
- Fireworks or other explosives
- Illegal drugs or alcohol
- Ipods/personal music players
- Kindles/e-readers
- Nicotine products (cigarettes, vapes, etc)
- Personal sports equipment
- Pets
- Weapons/knives

GUIDELINES

Campers will not have access to laundry service, so please pack enough clothing and personal items to last for two weeks.

All apparel must be camp appropriate and free of improper advertising and/or offensive language/symbols.

For swimsuits, girls may wear a 1-piece or camp appropriate 2-piece without string ties. Boys may wear trunks or board shorts, but no speedos or jammers.

Label everything with your camper’s first and last name.