Tri-Adventures Gear List

ITEM	# REQUIRED	DESCRIPTIONS
Sleeping Bag	1	Fiber-fill to 30 degrees/ **no** down or cotton(needs a stuff sack) Should pack easily.
Hiking Boots	1 pair	An outdoor store can help you choose these. The boots should be sized with wool socks, or another heavy hiking sock. It is important that these boots be broken in before campers come to camp. Encourage your camper to wear them for an hour or more a day for a week or so before camp. This will prevent blisters and sore feet at camp.
Sport Sandals with backstrap	1 pair	For water play and showering etc.(like Tevas)
Socks	4 pairs	Wool or synthetic hiking socks- NO COTTON
Rain Suit	1	Make sure it is appropriate coverage for heavy rain.
Bathing Suit	2	Girls please only one pieces
T-shirts	4	No inappropriate slogans or pictures
Shorts	4	Shorts with liners are great to hike in. Quick dry nylon shorts are recommended.
Pants	1	Nylon hiking pants- they are comfortable and dry easily
Underwear	4	
Light Jacket or Sweatshirt	1	Fleece or wool- NO COTTON
Back Pack with Padded Waistbelt	1	It must be able to carry the sleeping bag, a bag of food that will be at least as big as the sleeping bag, clothing, rain gear and group gear. Please make sure this pack is an appropriate size for your camper. (4000 Cubic inches is perfect)
Towels	1	
Washcloths	1	
Tooth brush with case and toothpaste	1	
Shampoo and soap		
Water bottle	2	Large size-32oz (we suggest Nalgene brand)
Headlamp or Flashlight & Batteries	1	Light weight
Long underwear	1 set (top ,bottom)	Medium weight, synthetic polyester- NO COTTON
Hat	1	Preferably a stocking camp that can be pulled over the ears (nights can be chilly)
Bandana	1-2	
Optional		
Disposable Camera	2	
Watch		Waterproof
Writing Materials, Books		
Pocket Knife		Blade no longer than 2 inches
Sleeping Pad		

Please label all clothing and belongings clearly with first and last names with a laundry marker, iron on labels, or EZ Mark. We will send home left over items only if they are clearly marked. All other items will go to Goodwill.
ITEMS <u>NOT</u> ALLOWED: Electronic equipment, alcohol, drugs, cigarettes, gum or weapons of any kind.