



Welcome to the process of packing! We have provided you with the most accurate list of items that you will need on your Camp Arrowhead Spearhead Adventure Trip. Following this list carefully will make the difference between “the best summer of your life” and “the most uncomfortable summer of your life”. Please follow all suggestions carefully and as always, please call us if you have any questions at all about any of these items.

A few words about the Southeast and our adventure trip areas. The weather here can change in an instant. It can be clear and sunny one moment, and cold and rainy the next. You may get to enjoy several days of cold rain at night, making hypothermia a factor. It can also be very hot and buggy in the summertime.

One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list, but safety comes first! You may want to bring extra wool socks and heavyweight synthetic or wool clothing (more on this on the reverse side). Remember, space is tight so don't bring too much extra, and packs will be unpacked and repacked before the trip. The water bottles and shell layers are very important on this trip!

Recommended Websites for shopping

ems.com rei.com campmor.com sierratradingpost.com lookingglassoutfitters.com

The following items are REQUIRED

HEAD

- 1 Wool/Fleece hat
- Sunglasses
- 1 Baseball Cap
- Sunscreen/ Lip Balm (SPF 15 or higher)

UPPER BODY

- 1 long underwear thermal top made out of synthetic or wool materials (a lightweight fleece should be considered for one of these). Some typical brands/names that sell these items are Under Armour, Patagonia (Capilene), Ex Officio, Columbia (Omni Dry).
- 1 Fleece Jacket or Fleece Pullover
(Please check your tags as this Insulation layer should NOT be cotton!)
- 1 Rain Jacket
Your outer shell needs to be made of coated nylon, Gore-tex, H2NO, or some other wind/waterproof material. Windbreakers ARE NOT acceptable.

LOWER BODY

- 1 pair long underwear thermal bottoms made out of synthetic or wool materials.
- 1 pair Rain Pants
- 2 pair Nylon Pants (“zip-off” pants are ideal)
- Underwear
- Shorts – the “zip off” brand pants will also cover this need
- Swim Suit



FEET

- 5 pair Wool Socks
- 1 pair Hiking Boots (well broken-in before trip)
- 1 pair Sandals w/ a heel strap (Chacos, WalMart specials)
- 1 pair of Running or Tennis Shoes

GEAR

- Backpack (3500-4000 cu. in.) *Camp can provide*
- Sleeping Bag (mummy bag preferred, 40 degrees or lower...synthetic required)
- Sleeping Pad (foam is cheap, durable, and does the trick) *Camp can provide*
- Pack cover (not a trash bag) *Camp can provide*
- Whistle (without ball)
- Tupperware Bowl & Spork (with lid if possible for meals)
- Map Compass (Suunto, Silva, and Brunton are good brands)
- 2 Bandanas
- Toiletries (as needed for personal use)
- Headlamp (with extra batteries and bulbs)
- 3 Quart sized Water Bottles
- 3-5 nylon Stuff Sacks to organize your gear
- 1 Laundry Bag (for after trip laundry)
- Bring cash for an occasional personal item. No more than \$20.
- Small journal, bible & a few pens so you can remember your best summer ever!
- BIODEGRADABLE soap to keep clean

OPTIONAL ITEMS

- Camera (a waterproof disposable camera is great)
- Insect repellent (small container)
- Towel (a quick-drying chamois/pack towel is best)
- Small pillow
- Trekking Poles
- Gaiters (These are nylon covers for your boots to keep out water, rocks and dirt)

*** Campers will also need clothing for 4 days spent in camp ***