



How to Pack

Campers may bring only ONE duffel bag. Everything- with the exception of your sleeping bag, sleeping pad, pillow, and day pack- must fit in your duffel bag. Grouping like items in smaller bags will make the unpacking process faster and more organized, and will help prevent things from going missing throughout the Summer. Packing cubes are designed for this and work great, but cloth pouches, durable Ziploc bags, stuff sacks, etc. will also do the trick.

Campers will have an opportunity to do laundry during the session, but when in doubt, opt for lightweight, quick-dry, wrinkle-resistant clothing. Some cotton clothing is ok for days spent hanging around camp, but it's generally best avoided as it retains smells and is difficult to dry once wet. Make sure everything you bring is labeled with your first and last name, and don't pack anything that is expensive, sentimental, or that you are not prepared to have lost or damaged.

This list was compiled to ensure that you stay comfortable, warm, and dry at camp and on trips, so it is extremely important that you pack the type, material, and quantity of gear specified. We recognize that obtaining the gear necessary for this program can be costly, so we encourage you to borrow, purchase second-hand, and utilize Tamarack's gear share program.

Tips on Important Gear

Sleeping Bags must have synthetic fill (NO down or cotton) and be rated at, or below, 20°F. If you have options, choose the bag that will pack down smaller; big, bulky bags are hard to manage when space is limited. A nylon stuff sack with a drawstring is required for your bag (not the big mesh thing that new sleeping bags often come with for storage). Consider splurging for a roll top dry bag that will nicely compress your sleeping bag and protect it from the elements.

Sleeping Pads increase comfort while camping but serve primarily as an insulative barrier between you and the ground while you sleep. Inflatable sleeping pads are great for extra cushion and are allowed as long as they fit in your duffel bag, but because they're unreliable you must have a foam sleeping pad, such as a z-rest.

Rain Gear must include both a jacket with a hood (no ponchos!) and pants. This is not the place to cut costs- comfortable, breathable, sturdy rain gear makes a huge difference. When it comes to rain gear, oftentimes inexpensive=cheap.

Hiking Boots must extend above the ankle for support and be waterproofed before camp. Boots should have extra room at the toe to allow for thick socks and feet swelling- nothing ruins a hiking trip faster than boots that are too tight. If you're using your old boots, make sure they still fit you well and the tread isn't worn down. If you are purchasing new boots, break them in by wearing them as much as possible- no, it's not weird to wear hiking boots to school, and you'll thank yourself later!

Clothing is a great place to save on cost. You should be able to find most of what you need at thrift stores or in your own closet, and there is no need to buy new when what you take may come back worn, torn, and stained. Please look closely at each clothing item on your packing list and note whether a certain type of material is required- cotton substitutes are not acceptable when synthetic/quick-dry material, wool, or fleece is specified.

Headlamps are an essential tool and used almost every day (not just in the backcountry). We recommend getting a headlamp with the most lumens (250 is a great start) and the longest life your budget allows for. If your headlamp takes disposable batteries make sure to pack extra, and if your headlamp uses a rechargeable battery make sure to pack the charging cord.

Toiletries should be unscented when possible, and soap and shampoo must be biodegradable (think Campsuds and Dr. Bronner's). Travel-size options will work just fine for the entire summer.

Required Items

- 1 sun hat (wide brim is best)
- 1 fleece or wool hat
- 1 pair warm fleece or wool gloves
- 1 rain jacket
- 1 pair rain pants
- 2 fleece pull-over (hoods are cozy but not required)
- 2 sweatshirts
- 2 long sleeve, lightweight, quick-dry, button-up shirts (not flannels)
- 8 t-shirts (minimum 2 that are a sweat-wicking, non-cotton material)
- 1 set polypropylene or wool long underwear- top AND bottom
- 3-4 pairs shorts (at least 2 quick-dry)
- 2 swimsuits
- 2-3 pairs lightweight, quick-dry hiking pants
- 2 pairs comfy pants (jeans or sweats are fine here!)
- 1 pair warm fleece pants
- 1 pair hiking boots
- 1 pair sturdy water shoes (must be closed-toe, old gym shoes or hiking boots work well)
- 1 pair of comfortable everyday shoes (must be closed-toe, Crocs are great)
- 6 pairs light or midweight wool hiking socks (Darn Tough and Smartwool work great)
- 6 pair socks for everyday/general use
- 16 pairs underwear
- 6 bras (at least three sports bras)
- Cot-size bottom bed sheet (top sheet optional)
- 1 sleeping bag with stuff sack
- 1 non-inflatable sleeping pad with utility strap

- 1 pillow
- 2 pillowcases
- 2 towels (at least one must be quick-dry)
- 1 laundry bag
- 1 headlamp and appropriate charging cable and/or extra batteries
- 4 utility straps
- 2 bandanas/ buffs
- 1 pair polarized sunglasses
- 3 32 ounce/1 liter Nalgene water bottles (yes, must be Nalgene brand!)
- 1 duffel bag with heavy duty side zipper (no Big Bertha bags please)
- 1 daypack- must have two shoulder straps (a hip belt is a big plus)
- Toiletries
 - Toothbrush with case
 - Toothpaste
 - Deodorant
 - Soap
 - Shampoo
 - Menstrual products
 - Non-aerosol sunscreen
- 1 extra pair prescription glasses for glasses/contacts wearers
- Spending money (\$100 recommended)

Optional Items

- Bug net
- Camera
- CrazyCreek chair
- Bathrobe for the shower
- Blanket for your bed at camp, must fit in duffel
- Books, cards, and games
- Crafts
- Puffy jacket (must pack small, only necessary if you get really cold)
- Inflatable camping pillow
- Wacky clothes/ costumes
- Non-aerosol bug repellent (Deet concentration must be $\leq 30\%$)
- Musical instruments
- Fishing Rod
- Sports equipment
- Stationary and writing utensils
- Journal
- CamelBak (does not take place of Nalgenes)

DO NOT BRING: watches or clocks, electronic devices other than cameras and headlamps, mirrors, camping/ utility knives, makeup, or unnecessary valuables

**ALL KENNEDY CAMPERS MUST HAVE A PASSPORT
OR PASSPORT CARD**

