



CAMP KANUGA

Expeditions: Explorers Packing List The Grand Wild

The proper gear is absolutely essential to a wilderness trip. Some basic items (boots, raingear, and a sleeping bag) should be selected carefully; especially since they can be used for other activities.

Weight is also a consideration since every item adds up towards the total weight of your pack. Fortunately, outdoor travel means you can and, for your comfort, should carry a lot less than when you travel on a typical trip. Most experienced outdoor travelers will tell you that they bring about the same amount of stuff on a weekend trip as they would on a three-week trip.

As you gather equipment, know that it is not necessary to spend a great deal of money on gear, although it is certainly possible. You do not need to buy all name brand clothing (Patagonia, Mountain Hardware, The North Face, etc.). You can shop at Army Surplus Stores, larger chain stores or second-hand outdoor stores. If this is your first extended trip or you are unsure if you will continue backpacking, try borrowing equipment from friends/family or renting it at local camping stores. **The most important thing is to make sure the equipment you buy, rent or borrow fits YOU!!!**

GENERAL EQUIPMENT FACTS:

1. **Cotton is not good on the trail;** it has its place as underwear **but** cotton does not dry very well, if at all. Everything you bring will likely get wet. When cotton is wet, it is heavy, uncomfortable, and cold. ****You MUST have non-cotton layers for cold/wet conditions.****
2. **Synthetic fabrics or natural options (silk or wool) are recommended for cold/wet conditions.** There are several synthetic fabrics that dry quickly, wring out practically dry when wet, and will keep you warm even when wet. These include polypropylene, capilene, and thermax. Avoid cotton/polyester blends for long underwear!
3. Go to a reputable outdoor store with knowledgeable sales help- their help can make equipment purchasing easier and they are more likely to have gear suited to your needs. A good store should answer your questions and have options for many price ranges and sizes. Bring along the packing list when you shop.



You may be thinking...

“Why in the world do I need long underwear, a hat and a fleece jacket in the summer time?” Keep in mind we will be outside for one to two weeks with more than half the time at high elevations. Temperatures can be cool at night and you can bet that it will rain at some point. The items on this list are based on years of outdoor experience.

Our clothing list is based on layering; dressing in several layers rather than one heavy layer allows you more flexibility as the weather and exertion levels change. Ideally, you would be able to wear all your "layers" at once.

THE LAYERING SYSTEM

1. **First Layer:** usually called the wicking layer (long underwear, hats and gloves) - Moisture is the enemy of warmth. Sweat from physical activity like backpacking or paddling is your body's attempt to cool itself off. Synthetic long underwear pulls moisture away from your body so your sweat won't cool you down too much and make you cold. This layer is worn next to your skin.
2. **Second Layer:** usually called the insulation layer (fleece tops, socks, fleece pants) - This should be a thick sweater or jacket that will trap and store the heat your body is producing to keep you warm. This layer is worn on top of the first layer. There might be more than one component of the "insulating layer" like a medium weight fleece and a heavier top.
3. **Third Layer:** usually called the wind/shell layer (jackets, rain gear) - Finally, adding an outer windproof layer makes sure that the wind does not steal all that built up heat. The third layer is worn on top of the first and second layers.

We cannot stress enough the importance of your gear. Many of you will be able to borrow or rent most of the items that you do not already have. Look for good quality equipment within your price range that works for you.

For further questions contact Camp Kanuga Director David Schnitzer at 828-692-9136, ext. 2840.



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Packing List

Ideally, you will arrive with your backpack full and at most a small to medium duffel bag.

____ **(1) BACKPACK internal or external frame styles**

External frame pack of 3,000-4,000 cubic inch capacity. Internal frame pack of 4,000-5,000 cubic inch capacity. Your backpack must have a frame-(internal or external), a padded and adjustable hip-belt, and padded and adjustable shoulder straps that fit YOU.

____ **(1) SLEEPING BAG w/ STUFF SACK**

A light-weight bag with synthetic insulation and a nylon shell. A temperature rating of 40 degrees or lower should be used. You must also have a stuff sack. Down sleeping bags are useless when they get wet.

____ **(1) GROUND PAD**

Necessary for thermal insulation; air or closed-cell foam pad.

____ **(1) RAINCOAT**

You want a jacket that says "Water Proof" not water repellant. Many different materials are used in rain jackets including Gore-tex, which is the most expensive but allows for breatheability. Coated Nylon is a great inexpensive alternative.

____ **(1) PAIR HIKING BOOTS**

Nylon, light-weight boots. Look for a rugged sole with ankle support. Leather boots are tougher, but they are also heavier. **Try your boots on with hiking socks and break them in before you arrive at camp!**

____ **(4) PAIRS HIKING SOCKS**

Wool or wool/polyester blend (NO COTTON).

____ **(1 PAIR) LIGHT WEIGHT THERMAL LONG UNDERWEAR TOP & BOTTOM (NO COTTON)**

____ **(1) WOOL SWEATER OR FLEECE PULLOVER/JACKET (NO COTTON).**

____ **(1) PAIR of PANTS (NO COTTON).**

____ **(1) PAIR of CAMP SHOES**

To put on after a hard day. You will also wear these shoes for rafting. Sneakers or Teva/Chaco type sandals (with heel straps) work best. (NO FLIP-FLOPS).

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Packing List *(continued)*

___ **(2) PAIRS of SHORTS**

(Synthetic/NO COTTON). You may have these already in your gym/athletic shorts.

___ **(3) T-SHIRTS** Many companies make synthetic t-shirts that are great to hike in and are fast drying. Again, look at the gym/athletic clothes you already have. Cotton will work, but it is not preferred.

___ **(6) UNDERWEAR**

___ **(2-3) BANDANAS**

___ **(1) WARM HAT**

___ **(2) ONE LITER WATER BOTTLES or 2 LITER WATER BLADDER**

Make sure that they have secure screw top caps without drinking straws (bottles will leak in your pack if not sealed all the way).

___ **(1) BOWL with Sealable Lid**

Plastic and unbreakable (old plastic food storage container works well).

___ **(1) SPOON**

Tablespoon size - no need to bring other utensils.

___ **(6) HEAVY DUTY GARBAGE BAGS and (10) ZIPLOCK BAGS**

Gallon size - used to protect your stuff from the elements.

___ **(1) HEADLAMP or SMALL FLASHLIGHT with extra batteries**

___ **TOOTHBRUSH and TOOTHPASTE**

___ **GLASSES and/or CONTACTS**

Pack your glasses as a back-up for contacts!

___ **1 SWIMSUIT**

An appropriate one-piece swimsuit.

___ Pack extra **CLOTHES, SHOES, a TOWEL, and SHOWER SUPPLIES**

For use during the four days spent in camp. You will have the opportunity to leave these items at camp while on the trail. *Also remember to save clean clothing for the ride home!!!*

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Packing List *(continued)*

OPTIONAL ITEMS:

- ___ Camera
- ___ Journal/Pen
- ___ Binoculars
- ___ Small Musical Instrument
- ___ Compass
- ___ Deck of Cards
- ___ Small Pocket Knife (folding not sheathed)
- ___ Lip Balm/Sunscreen
- ___ Sunglasses

DO NOT BRING THE FOLLOWING*:

- Cell Phones**
- Personal Music Player (ex. iPod)**
- Radios**
- Video games/DVD**
- Hair dryers**
- Curling/straightening irons**
- Valuable jewelry**
- Tobacco or alcohol**
- Weapons**
- Fireworks**
- Any other illegal substances**
- Makeup**
- Cologne or perfume**

**All items listed above are unnecessary on the trail and are not consistent with the goals of the Expeditions program.