

## HAWAII EXPEDITION

### PACKING INFORMATION (PAGE 1-3)

Having the right gear can make or break a trip. Summer weather in Hawaii is quite nice; June and July offer the lowest average rainfall and mild temperatures for the entire year. Still, several areas of Kauai and Oahu are listed as the top ten wettest places on earth (over 460 inches a year!). It can rain daily with quick heavy showers but within minutes back to clear blue skies. There can be high temperatures with long days of sunshine followed by cold fronts and heavy rains. The camp staff will train campers how to be comfortable in all weather conditions, but you must have the right gear. Please follow this list carefully. If you have any questions on packing please contact the Camp Director. Access to gear stores and outfitters is limited in Hawaii. You will need to have all items on this list before you arrive in Hawaii. Below are tips and requirements on how to pack.

#### How to pack for Arrival Day

Carry-On Bag/Day Backpack (25-35 liter): This is a small backpack like a school bag. This bag needs to secure your:

- Photo ID or Passport
- Access to funds: cash or debit card
- Cell Phone and charger, medications, wallet, and return ticket information.
- Rain jacket, water bottle (empty), and change of clothes. You may want to change once in Hawaii!

#### Important Things to Consider

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. Synthetic fabrics are great for this. Try to avoid cotton as it will retain moisture and can leave you feeling cold and wet. This piece of clothing should be relatively snug, as you will often wear other layers over it.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind and rain. This layer should be big enough to fit over the base layer. A shell must be 100% waterproof.

#### Brand Recommendations:

- Patagonia, Columbia and North Face have many options for clothing and bags.
- Ozark Trail makes some fantastic hiking/camping equipment that is reasonably priced
- Columbia has a variety of thick-soled, trail running shoes that are great for day hikes.
- Chacos or Tevas work well for camp shoes because they are waterproof and contain a back strap.
- Osprey makes a large variety of lightweight, daypack options.

#### Bags and Packs

- Duffel Bag (70-90 liter): travel with all of your gear in a duffel bag (without wheels). This bag should be strong enough to withstand airline travel and big enough to hold all of your stuff. Be sure to check with your airline to determine size and weight restrictions.
- Backpack (25-35 liter): Camper will **NOT** have to carry all of their stuff on their backs. We will not be doing any long range over night backpacking trips in the backcountry.

## HAWAII PACKING LIST (PAGE 2-3)

### CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Sets of daily clothes	6	Keep it light breathable clothing. Athletic and casual.
<input type="checkbox"/> Midweight Jacket (optional)	1	Light or mid weight jacket that fits over your base layers
<input type="checkbox"/> T-shirts	5	Lightweight shirts, UPF sun protection of 50+
<input type="checkbox"/> Long Sleeved Swim Shirt	2	UPF sun protection of 50+
<input type="checkbox"/> Wind/rain jacket	1	Light weight waterproof that fit over all base layers
<input type="checkbox"/> Long Pants/Legging (active wear)	2	You will need at least one pair for horseback riding.’
<input type="checkbox"/> Swim Suits	2	1 piece, active, swimsuit
<input type="checkbox"/> Shorts	2	Lightweight, nylon hiking shorts
<input type="checkbox"/> Sun hat	1	Baseball caps or bucket hat
<input type="checkbox"/> Sunglasses & Chums	1	Polarized
<input type="checkbox"/> Pajamas	1	You can sleep in your long underwear and fleeces if you like, but you may want to bring other comfortable clothing as well

### SHOES/SOCKS

<input type="checkbox"/> Comfortable Shoes	1	Any comfortable shoe with back strap and covers toes
<input type="checkbox"/> Water Shoes	1	Any comfortable shoe with back strap
<input type="checkbox"/> Day Hiker Shoes	1	Look for heavy duty/ trail running shoes. These will generally have a thicker sole and more support than a standard running shoe. Do not need full hiking boots.
<input type="checkbox"/> Socks	2	Thin, non-cotton, comfortable, day hike use or in town.

## HAWAII PACKING LIST (PAGE 3-3)

### GEAR

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Sleeping bag                            | 1 | Minimum temperature rating of 40°F, stuff sack   |
| <input type="checkbox"/> Compression Stuff Sack for sleeping bag | 1 | A small bag to carry your sleeping bag   |
| <input type="checkbox"/> Large Duffel Bag (60-90 liter):         | 1 | You will use this to store all of your gear and to transport it from place to place.   |
| <input type="checkbox"/> Day Pack (25-35 liter):                 | 1 | A lightweight back pack (preferably with a waist strap) that can be used to carry daily gear such as extra layers, sunscreen or a camera |
| <input type="checkbox"/> Waterproof Dry Bag                      | 1 | Roll top dry bad to keep cameras, papers dry. 5-10L  |
| <input type="checkbox"/> Compression Stuff Sacks                 | 2 | Medium (10-15 liter) and larger (20-22 liter). Great for dirty laundry.  |
| <input type="checkbox"/> Bathroom Kit                            | 1 | Travel size liquid bottle shampoo, body soap, toothpaste, Toothbrush   |
| <input type="checkbox"/> Rag/Bandana                             | 2 | Multipurpose use for cleaning hands, face, dishes  |
| <input type="checkbox"/> Sunscreen/Lip Balm                      | 2 | Minimum of 50spf, 8-10oz container   |
| <input type="checkbox"/> Insect Repellent                        | 1 | 2-4oz container  |
| <input type="checkbox"/> Towel                                   | 2 | Lightweight, quick dry travel towels are best  |
| <input type="checkbox"/> Beach Towel                             | 1 | Sand Resistant Beach towel   |
| <input type="checkbox"/> Journal and Pen                         | 1 | Bring it!  |
| <input type="checkbox"/> Bible                                   | 1 | Bring it!  |

### OPTIONAL

- Camera     
  Cards/dice     
  Books     
  Travel Games

