

Essential Gear List For Girls and Boys Trailblazers

ESSENTIAL ITEMS:	DESCRIPTIONS:
Sleeping Bag & Stuff-Sack	Keeps you warm at night (down or synthetic are fine), should be rated to at least 20 degrees
Sleeping Pad	<i>Enhances comfort and helps to keep you warm and dry</i>
Hiking Backpack	<i>Size will depend on how big you are – where ever you go to purchase your pack make sure the person helping you knows what they are talking about! Let them know you are going on a two-week backpacking trip</i>
Day Pack, Dry Bag, or Medium-sized Duffle Bag	<i>Your school backpack is fine, if you choose to buy a dry bag, limit it to no larger than 20 liters, duffles should be between 3000 – 4000 cubic inches (just like an athletic bag)</i>
Raingear	<i>A complete set (top & bottom) that is fully waterproof</i>
Long Underwear	<i>A complete set, top & bottom (buy synthetic or wool materials – they will keep you warm even when wet)</i>
Mid to Heavy Weight Hiking Boots	<i>Choose high quality waterproof boots with ankle support to ensure they can withstand the wear and tear of your trip</i>
One Pair of Water Shoes	<i>Any close-toed shoes that you do not mind getting wet (like old sneakers), aqua socks are NOT recommended, they do not offer enough support</i>
Camp Shoes	<i>Any comfortable shoes to wear around the campsite at the end of the day</i>
Warm Long Pants	<i>Fleece pants are best</i>
Four Pairs of Wool Socks	<i>they will keep your feet comfortable in your boots and warm even when wet</i>
Cotton Socks	<i>For at the end of the day to wear around the campsite</i>
Two Pairs of Shorts	<i>Preferably made of quick dry material (like most soccer shorts)</i>
Three T-Shirts	<i>Cotton is OK, but synthetic/quick dry materials are better</i>
Fleece Pullover/Jacket	<i>Used as an extra warm layer</i>
Underwear	
Swimsuit	
Hat with Brim	<i>Used for sun protection</i>
Winter Hat	<i>For chilly nights</i>
Toiletries	<i>Biodegradable and in small containers – toothbrush, toothpaste, lotion, comb</i>
Sunscreen & Lip Balm	<i>At least SPF 15</i>
Bug Repellent	<i>Repellent with deet is preferred – no aerosol</i>
Mosquito Head Net	<i>Great for keeping the bugs off your face</i>
Sunglasses & Strap	<i>Polarized glasses with 100% UV protection are best</i>
Small Flashlight or Headlamp	<i>Which ever is your preference (the nice thing about headlamps is that you have both hands free to do things)</i>
Extra Batteries	<i>For your flashlight/headlamp – usually AA or AAA</i>
One Box of Re-sealable Freezer Bags	<i>One-gallon size is best, they are used to waterproof gear (do not buy the bags with the zipper on top)</i>
Spending Money	<i>Used to buy snacks or souvenirs while traveling to your destination, use your discretion with the amount you bring</i>
2-32oz. Hard Plastic Water Bottles or Hydration Pack	<i>Hydration packs are useful and encouraged (If you choose this option, make sure it holds at least 70 oz. but also bring one wide-mouth hard plastic water bottle)</i>
Bowl & Spoon	<i>Any re-usable plastic bowl will do, the spoon can come right from your kitchen</i>
Insulated Mug w/ Lid	<i>Used for hot drinks at campsites</i>

OPTIONAL ITEMS:	DESCRIPTIONS:
Small Camp Towel	<i>Do not bring cotton</i>
Small Camp Pillow	<i>Regular pillows are too bulky, but stuffing clothing into your stuff-sack makes a pretty good alternate</i>
Camera	<i>Bring a waterproof case</i>
Journal	
Books	<i>For use on the way to your destination, not on the actual trip</i>
Cards/Lightweight Games	