

4-H OUTDOOR ADVENTURE CHALLENGE

YOUTH GENERAL PACKING LIST

The following is a list of equipment, gear, and other items needed for any overnight 4-H Outdoor Adventure Challenge Trip. Please note that this list may change depending on the type of trip. Please consult your trip leader for more information.

- **Don't be afraid to borrow** what you need. Trying out someone else's helps you figure out what you like best.
- **Synthetic clothing and layers** are the best way to prepare for the temperature variables in any season.
- **All clothing should be layers of wool, polypropylene or other synthetic – NO COTTON! Do not wear cotton/jeans.**
- **Nights can get cold**, so bring a set of long underwear and a warm sleeping bag.
- **Do not bring** electronic items, canned foods, or glass containers.
- Pack light and tidy. It is a good idea to have clothes and sleeping bags in waterproof stuff sacks or packed in ziplock bags.

GEAR

- Tent*
- Ground Cover/Tarp*
- Sleeping bag*
- Sleeping pad*
- Stove*
- Fuel for stove*
- Plate, cup, spoon, fork
- Small cooking pot(s) (1-2)
- Backpack
- Flashlight/Headlamp w/ extra batteries
- 32 oz. water bottles (2) - filled
- Compass
- Camp Chair
- Whistle
- Duct tape (small amount)
- Large garbage bags (2)
- Bandana
- Mosquito net^

CLOTHING:

- Warm hat
- Gloves (wool or synthetic)
- Sun Hat
- Sunglasses
- Hiking boots or shoes
- Fleece or wool vest, jacket or sweater (1-2)
- Rain poncho or coat (rain pants/gaiters optional)
- Swim suit or shorts^
- Underwear
- Long Underwear (top & bottom)
- Socks
- Comfortable Shoes (for around campsite)
- T-Shirt
- Long Sleeve Shirt
- Clothes for sleeping

PERSONAL ITEMS

- Lip balm
- Insect repellent^
- Sunscreen
- Baby wipes (personal size package)
- Toothbrush & paste
- First Aid Kit
- Personal medications
- Sanitary items
- Wash cloth/small towel
- Toilet paper (in ziplock)
- Small Trowel
- Hand Sanitizer
- Camp Pillow (optional)
- Camera (optional)
- Book (optional)

* Denotes gear that can be borrowed or shared. Please let instructor know at least one week ahead of time if you need to borrow any gear. The instructor may have extras to lend or will be able to point you in the right direction of someone that has extras.

^ Denotes gear that is not needed for winter camping

Have a question? Feel free to contact your leader.

