

BACKPACKING LEVEL ONE
PACKING LIST

SUGGESTED CLOTHING LIST

1. hiking boots
2. two pair wool socks
3. two pair light socks
4. one pair gloves
5. wool or fleece sweater
6. camp shoes (tennis shoes)
7. one set long underwear top and bottom
8. one wool, pile, or polar fleece pants
9. light jacket (wool, pile, or polar fleece)
10. one warm jacket
11. rain gear jacket and pants
12. 1 pair shorts
13. 1 T-shirt
13. 1 wool or fleece hat

Bring all the food you and your partner will need for 2 lunches, 1 dinner, and 1 breakfast.

PERSONAL EQUIPMENT

1. sleeping bag *
2. insolate pad *
3. backpack *
4. pocket knife
5. plastic cup
6. plastic bowl
7. spoon and fork
8. camera – optional
9. nylon food bag
10. toothbrush/paste
11. 1gallon of water filled
12. toilet paper in a plastic bag
13. flashlight with new batteries
14. 2 -qt/ bottles filled *

TEAM EQUIPMENT

1. one pot in plastic bag
2. wooden spoon
3. pot grips
4. matches
5. fry pan- in plastic bag
6. spatula
7. two person tent *

* E.L.C. can provide

NO WATCHES, or ELECTRONIC DEVICES: i.e. cell phones, CD players, radios, games, etc. **ALLOWED ON THE TRIP.**