



Camp Packing List: Baylor Outdoor Adventure Line Camp

IMPORTANT: Please read the packing list carefully. Having the right equipment and clothing can make the difference between a really great trip and a bad one. Preparation is the key to success and is an important component in safety. Baylor University provides all of the equipment that you will need and only asks that you **bring the appropriate clothing items noted on the checklist below.** Even though we are traveling in the summer months, weather can change dramatically in the mountains and clothing selection plays a vital role in your line of protection from changes in the elements such as wind, water, rain and temperature both on land and water pursuits. Please adhere to our suggestions on clothing. Clothing selection is about function over fashion. Your clothing needs to be quick to dry and not very absorbent. For backpacking we would like you to bring only synthetic (Polyester, Nylon, Polyporpolene, etc) or merino wool garments. Cotton, rayon, silk and others like it are very absorbent and will rob your body of heat and do not dry quickly. It is our goal that you do not go out and buy a bunch of items but to give you tips on how you can use things you may already have or find cheap alternatives to the items listed below.

Helpful Hints

The Packing List is a comprehensive list in preparation for wide variety of weather and temperature scenarios. Staff will perform a final clothing check before the backpacking portion of the camp in order to assist you in taking the best combination of clothing layers into the backcountry.

We will most likely (depending on some of the specific items you bring) be carrying from 25–40lbs. in our pack.

Please label all of your personal gear including water bottles, as they all look very similar.

If you purchase new hiking shoes/boots, it is recommended that you break in your footwear. It is best if you go on some day hikes or take walks in your neighborhood. At a minimum, try to log 20 miles in your footwear before our trip. This will help protect from developing blisters while backpacking.

Please avoid packing shirts and pants to be worn on the backpacking trip that are made of cotton. (Cotton shirts are acceptable for base camp however.)

Do be conscious of weight. The lighter your pack is the more comfortable you will be during the hike. If you have to choose between two similar items and one is lighter, we recommend the lighter piece.



Baylor University Will Provide the Following Equipment

Sleeping Bag

If you choose to bring your own: Any summer weight synthetic fill bag (Polarguard, Polarguard 3D, Hollofil, Quallofil) will do. The bag will have a nylon shell both inside and outside. Do not bring cotton fill bags or bags with cotton outer shells. Down bags are acceptable but extra care must be taken to keep them dry. They cannot be dried if they get wet.

Backpack

Internal frame packs with shoulder straps and padded hip belt. If you choose to bring your own: External frame packs should have 3,300 - 4,300 cubic inches of volume and internal frame packs 4,000 - 5,000 cubic inches. Make sure that the pack fits well and that all straps and zippers are in working order.

Sleeping pad

(3/8 in. Ensolite closed cell foam) If you choose to bring your own: Please make sure the pad is packable. Some prefer inflatable pads to foam pads, be prepared to repair your inflatable pad. Pads provide insulation from the ground and padding for more comfortable sleeping.

Outdoor Adventure will also provide: tents, cooking equipment, water purification equipment, and food

Packing List: Items you will need to provide

Please Mark All Your Gear!

Head

Brimmed cap: This is a great item to have for sun protection. Synthetic hats are ideal because they can act as rain protection and they will dry quickly.

Wool or synthetic fleece hat: For warmth at night and cold mornings. If your fleece/insulated jacket has a hood, this item is optional.

Mosquito head net: Wal-Mart has them for a couple of dollars. Many participants from past years have been glad they brought one or wished they had.

Upper Body

All the items below can be found at Sports Authority/Academy/REI/ or a local outdoor store.

Important: Please be sure to have 1 synthetic t-shirt, 1 long sleeve base layer, 1 fleece/insulated jacket, 1 rain jacket. These may all be worn at the same time for your warmth while backpacking.

1 lightweight long underwear top: This long sleeve base layer (polypropylene, polyester, merino wool) is great for sleeping in. It is nice to get out of your hiking clothes and into something warmer and cleaner, can be substituted for item(s) below. Please make sure you have at least one or the other, if not both

1-2 Lightweight synthetic blend t-shirts: Some form of polyester or nylon blend. It will dry faster and allow for multiple days of use on the backpacking portion. Great for hiking in warmer weather.



1 long sleeve lightweight, synthetic blend shirt: Great for colder backpacking days or at higher altitude where sun and wind exposure is increased. Should be some form of nylon or polyester blend, can be substituted for long underwear mentioned above. Please make sure you have at least one or the other, if not both.

1 synthetic fleece/insulated jacket: Any fleece or insulated jacket is acceptable. However, synthetic or down insulated jackets tend to be warmer and lighter. Please no sweatshirts. Temperatures can get pretty low during the nights and mornings as well as at higher altitude. This piece will be crucial for staying warm.

Pair of lightweight gloves: Optional, nice for cold nights while backpacking. Liner gloves should work. The temperature can still dip below freezing, even in the summer.

1 rain jacket: Try to avoid the rubberized canvas jackets if you can. They are heavy and usually result in your getting hot and sweaty. There is a whole range of rain gear out there. Do not feel like you need to get the newest and best rain protection. Coated nylon is a rather cheap option. The downside is it gets clammy on the inside as your body warms up. Dri-Ducks or Frogg Togg Brands also offer low-cost options. Other Gore-Tex/Event/DryQ type materials will breathe better but cost considerably more. Consider how often you might use this item beyond this trip and make your decision accordingly. I often skim on the rain pants and get a nicer rain jacket because I will use it more often. No ponchos please. Examples: Patagonia, Mountain Hardwear, Marmot, Columbia, DriDuck

Shirts as needed: To be worn around base camp and days in town. Cotton shirts are acceptable for around base camp and in town. Although the trip is 7 days, you will not need 7 shirts. We will only be in camp and around town for 2-3 days.

Lower Body

All of the items below can be found at Sports Authority/Academy/REI/ or a local outdoor store.

Important: Please be sure you have at least 1 pair pant/shorts, 1 long underwear/insulating bottom, and 1 rain pant for the backpacking portion.

Underwear as needed: Synthetic underwear is ideal for the backpacking portion. Any type of athletic brief or compression short works well. Some companies, like Exofficio and Patagonia make a specific type meant for multi day use.

1 pair of loose fitting, synthetic blend (polyester/nylon/etc.) long pants: Long pants made of lightweight breathable, quick drying synthetic material. Some companies make zip off convertible pants that can act as pants or shorts. This is a good option if you do not want to bring two separate pairs of pants and shorts. (NO blue jeans or sweat pants while backpacking - they take too long to dry)

1 pair of loose-fitting shorts: Ideal for backpacking. Nylon shorts work great. They are light and dry quickly. These should be long enough that chaffing does not occur. A little below mid-thigh is most appropriate.

1 Pair lightweight polypropylene long underwear bottoms: Strongly recommended, they can be found at most sporting goods stores. Please NO cotton. (examples: Patagonia and hot chillys.)

1 pair coated nylon rain pants: Lightweight coated nylon is a rather cheap option. The downside is it gets clammy on the inside as your body warms up. Dri-Ducks (only \$20!) or Frogg Togg Brands also offer low cost options. Do not feel like



you need to get the newest and best rain protection. Other Gore-Tex/Event/DryQ type materials will breathe better but cost considerably more. Consider how often you might use this item beyond this trip and make your decision accordingly. I often skip on the rain pants and get a nicer rain jacket because I will use it more often. We see a lot of rain in the fall months here at Baylor. No panchos please.

1 pair pants or shorts: Specifically for our day rock climbing. Pants should be loose and allow for movement and shorts should be long enough that they do not ride up when wearing a harness. They should also be long enough that the leg straps of the harness do not go below the bottom of the shorts (about mid-thigh). Examples: Columbia, Magellan, Patagonia, Mountain Hardwear, Marmot, Nike, Adidas

Pants or shorts: For in town and around base camp. Although the trip is 7 days, you will not need 7 pairs. We will only be in camp and around town for 2-3 days.

Swimsuit: For the rafting day. Guys, long shorts. Girls, one-piece or tankini. A combination of nylon shorts and a synthetic blend shirt is a good option and can be worn over a swimsuit. The water is typically very cold, the more you have on the warmer you will be. No Bikinis or Cotton. In general, a rash guard type shirt and swim shorts are recommended to keep you warm and protected from the sun while on the river.

Feet

Pair of trail running shoes or lightweight hiking boots: Shoes are a very important item on the trail. The right footwear can be the difference between a comfortable trip and an uncomfortable one. We ask that you bring some form of trail runner or lightweight hiker for the backpacking portion. The loads we are carrying, and the distances we will travel will NOT be so severe that you will have to have a pair of heavy-duty backpacking boots. However, if you already own a pair of boots and they feel comfortable on your feet, they will still work great for this trip. If you do not already have a pair of hikers or trail runners, there are many different brands out there, shop around and find one that feels good on your foot. You can find outdoor footwear at Academy, Sports Authority, REI, or a local outdoor store or shop online on sites like backcountry.com, campmor.com, or geartrade.com

Examples: Salomon, Columbia, Merrell, Keen, La Sportiva, Montrail, New Balance, Adidas *Remember, different brands may feel better or worse. Find one that is comfortable on your foot.

Pair of running shoes or sneakers: For activities in and around base camp. Any athletic shoe that you may have around the house will be great. These just need to be shoes you can walk around in at base camp where there is gravel and rocks. Your hiking shoes can function for a camp shoe as well if you are comfortable in them.

1-2 pairs of light synthetic/polypropylene liner socks: Highly recommended wearing liner socks underneath wool socks can help to prevent chafing and blisters since the friction is between the two pairs of socks, not between the boots and your feet. It is a good idea to have one pair of these just in case you start to feel blisters form. Not everyone will need them.

2-3 pairs of light or medium weight wool/synthetic hiking or running socks: Wool socks keep your feet warm even when wet and give good cushioning. The higher the wool content of the socks the better (we recommend at least 50% wool and Nylon). Wool socks also retain odor much better which is nice when on the trail for multiple days. You will only need 2 pair of wool/synthetic socks for the backpacking portion. Two will be used to hike in and your warmest pair will be used to sleep in. Cottons socks are just fine for around base camp.

Examples (wool socks): Smartwool, Darn Tough, Lorpen, Keen, Wigwam, Point6, Woolrich



Pair of sandals/chacos/tevas/keens: Optional, any sandal with a heel strap will work fine. This is a nice item to have as a secondary shoe while backpacking to let your feet breathe once hiking for the day is done. Sport sandals are also nice for the rafting portion.

Miscellaneous

The following items should be available at home or can be purchased with a minimum expense at a Super Wal-Mart, Sports Authority, or Academy.

1 small daypack or backpack: For day outings, your school pack will work. Can double as a travel pack.

2 1-quart Water Bottles: REQUIRED...YOU MUST HAVE THESE! 32oz empty Gatorade bottles are sufficient and lightweight or 32oz Nalgene bottles also work

Travel mug for Tea/Hot Cocoa: Optional, if you like to drink hot cocoa, tea, or coffee at night/in the mornings you will want to have this with you!

Bandanna or buff: Optional, multi-use function. Can be used to cool down or clean up.

Headlamp or flashlight: With fresh batteries (alkaline batteries last longer). Headlamp preferred. There are many cheap and lightweight options out there. You do NOT need a powerful headlamp/flashlight. You will need this for use around camp at night.

Towel: For base camp

Toilet Kit: Toothbrush and toothpaste, shampoo, bar-soap, comb/brush, sunscreen, lip balm, insect repellent, deodorant, shaving cream, etc. Please get travel size containers for all of these items. A full size tube of toothpaste is not necessary for one week, and when you are backpacking, every ounce count

4 large zip locks: For personal items while backpacking. These can be used as an extra barrier of protection for sensitive items that you do not want to get wet or be exposed to dirt and other things.

Sunglasses or clip-ons: Optional, the sun's rays are more pronounced at altitude. Sunglasses are important for protecting your eyes.

2 pairs glasses or contact lenses: If you wear contact lenses and will have difficulty cleaning them in the field it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.

Medications: Anything needed during the trip (allergy medications etc.). If you are allergic to bee, wasp stings, or any type of food and require medication, please bring any needed medication and inform OA Staff and your leaders of your allergy when you arrive at check-in. If possible, repackage your medication to accommodate the length of the trip.

Small notebook with pen and/or small Bible

Camera: Optional, we will be outside and in the elements a lot. Ziploc bags work great for protecting your camera while in your backpack. Large SLR cameras are discouraged.

Spending money: For meals/essentials during travel before and after camp



Trail Shoes for Backpacking

One of the most important pieces of equipment that you bring into the backcountry is your shoes. Yes, SHOES (not boots). Our experience has shown that participants are able to walk longer and farther when wearing lightweight trail shoes instead of boots, and we've experienced less blisters on the trail.

Fitting The fit of your shoes matters when you're on your feet 6-8 hours of the day. Having extra toe room is recommended for decline and incline walking. Select a shoe that is at least one-half size larger than what you usually wear. Feet swell during a hike, and you will need the extra space for a larger foot to avoid blisters from occurring. Select a sock combination of a liner sock and outer sock and try the shoes on with what you will be wearing.

Breaking-in - Break in a pair of shoes well before your trip. Begin with short walks and gradually increase the time you wear them to allow the shoes to soften and adjust to your feet. Easy day hikes are a good way to break in trail shoes.

Examples





Backpacking Equipment Check List

Below is a list we will use to check off the items you will take during the backpacking portion. Be sure you have all of these with you when you get to Outdoor Adventure Line Camp. See the detailed packing list for descriptions of these items. Use the letter identifier to locate the item on the detailed list

<u>Head</u>					
_____	(1) brimmed cap for sun/rain protection				
_____	(1) Wool or synthetic beanie for cold mornings/nights				
_____	(1) Mosquito head net				
<u>Upper Body</u>					
_____	(1) Long Underweartop				
_____	(1) Short Sleeve Base layer				
_____	(1) Long Sleeve Base Layer				
_____	(1) Fleece/Insulated Jacket				
_____	(1) Lightweight Gloves (optional)				
_____	(1) Rain jacket				
<u>Lower Body</u>					
_____	Underwear as needed				
You will only need (3) of the (4) items listed below for the backpacking portion					
_____	(1) Synthetic long pant or convertible pant				
_____	(1) Synthetic Short or convertible pant				
_____	(1) Long Underwear bottom				
_____	(1) Rain Pants *must be one of your three items				
<u>Feet</u>					
_____	(1) Pair Lightweight Hiking or trail running shoes				
_____	(1) Pair of athletic shoes/sport sandals as optional camp shoe				
_____	(1) Pair of Liner socks (Recommended)				
_____	(2) Pair of wool/synthetic socks				



General Camp Packing List

Below is a checklist of the remaining items on the packing list that will be useful around camp and while we are in town. Use this as a checklist as you are packing to ensure you have everything you will need.

Misc					
_____	(2) 1 Quart water bottle (Nalgene, Camelback, Gatorade)				
_____	(1) Travel Mug (optional)				
_____	(1) Headlamp/flashlight				
_____	Toiletry Kit				
_____	Extra Ziploc Bags				
_____	Sunglasses				
_____	Shirts as needed for around camp and days in town				
_____	Pants/Shorts as needed for around camp and days in town				
_____	Pants/Shorts for rock climbing				
_____	Swimsuit for rafting				
_____	Socks as needed for around camp and in town				
_____	Small daypack/backpack				
_____	Bandanna (optional)				
_____	Towel				
_____	2 Writing utensils				
_____	Small notebook and/or Bible (optional)				
_____	Camera (optional)				
_____	Spending money for travel days before and after camp				
_____	Glasses or contacts as needed				
_____	Medication as needed				