



Summer Overnight Camp Packing List

Pack as lightly as possible, but include the right gear to stay protected and safe. All packed items should fit into a single pack (nothing clipped or tied onto outside). We provide all tents for Trackers overnight programs.

- Lunch, Morning/Afternoon Snack** For the first day. Must not require refrigeration.
- Backpack OR duffel** (anything that can hold their gear, strapping things to the outside is fine. Trackers will travel with their kit no more than 1/4 mile from the dropoff point)
- Daypack** (To hold water, lunch, snacks, extra layers, etc. during adventures)
- Sleeping bag** (rated to at least 30°F)
- Sleeping pad** (anything designed for camping)
- Warm clothes** top and pants (anything other than cotton, wool preferred)
- Waterproof boots/shoes** (comfortable enough to walk on all day)
- Socks** (again, wool is better than cotton)
- Underwear**
- Pants** (The more durable, the better)
- Shorts**
- Shirts**
- Waterproof top and bottom** (see **Materials** on the blog for details, cheap rubber rain jackets/pants will work)
- Warm stocking cap**

The key elements of clothing are warm layers and waterproof layers. For the remaining items, bring what is comfortable for your youth

- Toothbrush**
- Toothpaste**
- Sunscreen**
- Medication**
- Feminine hygiene products** (if applicable)
- Water Bottle** (minimum 1, 2 is ideal)
- Flashlight or headlamp**
- Mess kit** (bowl, fork, spoon minimum)



Trackers Earth

BONUS (helpful but not essential):

- Knife** (we can supply these for use for the week)
- Compass** (listed as essential on website, but if it's unavailable for your youth, we have a few to use for the week)
- Pocket Tape Measure**

At the end of the day, if your tracker is warm and dry, they will be successful.