

Packing List - Outdoor (Overnight School Year)

When packing for Trackers, follow these Guidelines:

- ⇒ First off, put you or your child's FULL NAME on as many items as possible.
 - ⇒ Pack as lightly as you can! BUT include the right gear needed for the day (see below).
 - ⇒ Keep it light and tight! Everything should fit into a single pack—nothing clipped on the outside.
 - ⇒ Choose wisely! Check out "How-To: Trackers Kit" below for help assembling gear.
 - ⇒ Be ready! Check the weather report every morning to guide you in what to pack.
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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.

Carry System (Backpack)

The smaller bag should fit into the larger bag.

- Backpack or Duffle Bag** Size and weight appropriate to comfortably carry overnight items.
- Small Day Pack** - For carrying water bottles and day gear.

Shelter System (Sleeping Gear)

Make a good investment. How you sleep at night affects mood and learning capacity during the day.

- Sleeping Pad** Does not need to be fancy, but no inflatable pool mattresses.
- Sleeping Bag** Cold weather mummy bag, if possible. A quality bag rated at 10°-30° is essential. No cotton or flannel-lined sleeping bags.

Water & Food System

- Water Bottle** 1 Liter or more. Non-leaking. Clearly labeled with name. Fill with water. We refill later.
- Mess Kit** Bowl, fork, spoon, cup. Metal or wood are preferred.
- Afternoon Snack** Must not require refrigeration. Trash free is ideal. Container must fit within backpack.
- Optional - Dietary Restrictions form** (see reminder email for form link)

Clothing System - Critical for High Quality

Focus your investment on this clothing for overall comfort and safety. For cooler days these are essential. Many items, especially raingear and boots, can be purchased cost-effectively secondhand.

- Base Layer (aka Thermal Underwear)** Merino wool.
- Merino Wool Socks - 3 Pairs** One pair on feet. One pair in bag. Must fit well to prevent blisters.
- Waterproof Coat and Pants** Heavy-duty rain gear that covers the entire body. Not a light poncho. See Water RESISTANT vs WaterPROOF description below.
- Waterproof Hiking Boots** Waterproof and good fit.

Clothing System - Useful for High Quality

All-Weather Remember to check the weather report.

- Rugged pants**, Wool, good synthetic, or heavy-duty canvas.
- Light Shoes or Rafting Sandals** Easy to wear around camp
- Warm Insulating Coat** Wool or good synthetic.
- Warm Stocking Hat** Wool or good synthetic.
- Gloves** Thin enough to perform tasks while wearing them.
- Shorts**
- Swimsuit** Used during camouflage exercises or showering. Shorts can work as swimsuit bottoms.
- Change of "Normal" Dry Clothes** If your "outdoor" outfit gets wet.

Hygiene System - Toiletries

- 2 CDC Recommended Masks**
- Tooth Care** Toothbrush, toothpaste, floss (the most important thing EVER!!!).
- Personal medications (prescription AND non-prescription)** Check in with our staff at drop-off. Please have them out and ready to check-in. Please be sure to update your students medical form on their profile as well prior to check in.
- Sunscreen** SPF 15 or higher clearly labeled with the child's name. Apply before check-in.
- Hand Sanitizer** Make sure it does not leak. Consider putting in a ziplock baggie.

Tool System

- Pencil + Eraser** For Trackers Journal.
- Pocket Tape Measure** Small and compact for measuring tracks and plants.
- Illumination** Headlamp or flashlight with charged batteries.
- ESSENTIAL Safety Whistle** On person at all times.
- ESSENTIAL Compass** Best with declination marks.
- Optional - Trackers Stick** Harvest this before coming to camp. A staff for walking and other adventures. Sustainably harvest at home—never cut without permission. Standing, your stick is two hands higher than your elbow. Find wood that is straight, so it rolls on the floor with few

bumps. Light enough for walking with, but sturdy enough to lean your knee into it without breaking. Carve, woodburn, or write FULL NAME on it with permanent marker.

- OPTIONAL - Woodcarving Knife & Tools** We also have knives to use. We follow strict woodcarving protocols. If a Tracker brings their own knife, ensure they keep it in a safe place (backpack) until carving time designated by their instructor.

DO NOT bring

Candy and gum, soft drinks, sports drinks, pets or animals, toys, body spray/cologne/perfume, hatchets/axes, money, weapons, non-archery personal sports equipment, expensive/sentimental items, phones or electronics. Do not bring Drugs/Alcohol/Tobacco as bringing any of these items will result in immediate expulsion from camp.

Trackers Tip Every morning, check the weather report. If there is even a minor chance of rain, pack a raincoat and rain pants, as well as waterproof shoes.

How-To: Trackers Kit

A Trackers Kit readies you for the outdoors. Assembling a Trackers Kit *with your child* is important. Everything in your kit makes up the first lessons of survival. A Trackers Kit includes:

- Clothing
- Gear
- Caretaking

Clothing

In Trackers Survival, clothing is the shelter you wear. The right clothing allows you to go almost anywhere. We divide clothing into 2 categories: Insulation & Armor.

Insulation (base & mid-layer)

Insulation keeps heat in. Insulation includes the base layers and mid-layers of clothing. A Tracker uses several thin layers of Insulation, so they can remove or add items as the temperature changes. Base layers include long underwear and socks. Mid-layers include a warm coat and pants.

Armor (outer layer)

Armor protects from wet, wind, and sun. Armor includes your outermost layer of clothing. For wet weather, Armor keeps your Insulation layers dry. Staying dry is important. When you're wet, you cool down much more quickly. Armor includes a waterproof coat, pants, and boots.

For hot and sunny weather, Armor keeps UV rays from your skin. Armor includes a sunhat, sun shirt, and sunscreen (applied throughout the day)!

Materials

Not all materials are created equal. Consider what your layers are made of when assembling Insulation and Armor.

Cotton

Avoid cotton in cold and rainy weather. It dries slowly and holds moisture against your skin rather than wicking it away. In hot weather, cotton's cooling effect can be valuable.

Wool

Wool does not absorb moisture as quickly as cotton and keeps its insulative properties for longer when wet. We highly recommend *merino wool* for the base layer of your Insulation. *Merino* is soft wool that does not itch (might take a couple of days to get used to).

Trackers Tip Because merino wool wicks moisture (sweat) away from your skin, it's also *antibacterial*. Kids won't smell (as bad) after days of wearing unwashed merino wool!

Synthetics

There are many types of synthetics—nylon, pile, and more—and each is useful for different reasons. There are as numerous as the companies that make them. Some are insulating, while others are waterproof. Some are good quality, others not so much. Synthetic fleece can be warm and is often faster to dry than other fabrics (even wool). But many synthetics can be a hazard around a campfire, quickly getting holes with every random spark. Synthetics also lack the natural antibacterial properties of wool, so they need to be cleaned more often.

Trackers Tip Since most synthetic fibers are not biodegradable, they stay in the environment forever (essentially). They may also be conditioned with different chemicals for waterproofing, etc. Today, many companies make synthetics from recycled materials and try to use components that are better for our health and environment. Do your research to learn about the health and sustainability qualities of different

garments. Some synthetics are necessary for your Trackers Kit (especially for waterproof layers). Care for your gear so it lasts a long, long time and doesn't end up in a landfill.

Water RESISTANT vs WaterPROOF

Do not confuse water-resistant with waterproof! In wet environments, a Tracker needs *waterproof* jackets, pants, and boots—*not* water-resistant. Some materials look like they will shed rain, but are only water-resistant, so the water will eventually get through and make you cold. Check the labels and confirm that your Armor is fully waterPROOF.

Trackers Tip Waterproof material is rated in millimeters. This is the amount of water pressure an article of clothing (or gear like a tent) can take. Look for rain gear with a waterproof rating of 5000mm or higher (10,000mm is ideal).

Breathability (Don't Get Wet From Your Sweat)

Breathability is important in waterproof clothing. As you warm up, sweat evaporates from your body as water vapor. You don't want to get wet from your sweat on the inside. *Breathable* waterproof coats, pants, and boots are made of special material or vented so liquid water (rain, dew, etc.) can't get in but water vapor (from sweat) can still escape.

Earth Colors

A Tracker trains to be invisible in the woods. Stealth is a great part of the Game of Tracking. Some colors blend better than others. Bright colors stand out, while colors like beige, brown, forest green blend in with nature. You don't need to wear camouflage, but do choose colors to match the forest, fields, and places you adventure.

Trackers Tip All black is not useful. It creates an unnatural outline not found in nature. Instead, you can wear shades of grey that blend with shadows and dappled light. Grey is the color of a Shadow Tracker.

Gear

Gear includes a Tracker's backpack and *survival systems*. The gear you carry depends on your adventure. Are you way out in the backcountry? Are you staying overnight? Your plans determine what you pack. We recommend assembling these basic *survival systems* and having them ready to carry based on your expected needs:

- **Food System** Could include snacks, staple food, eating utensils, cookstove, fuel, fishing, and foraging tackle.
- **Water System** Water containers. If water is not potable, also bring a filter or water treatment.

- **Clothes System** Clothes on the body. With extra clothes for if you get wet/dirty or weather changes.
- **Health System** Toothbrush, sunglasses/sunscreen where needed, other toiletries, medications, first aid kit.
- **Wayfinding System** Compass (ideal with declination marks), topographic/aerial map of the area, GPS (though consider power needs). Know true north vs magnetic north.
- **Camp Craft Tools** Knife, saw, and useful tools.

Remember These are ideas for a Trackers Kit that will work for *different* occasions. If you're registered for a Trackers program, follow the packing list **you receive with your reminder**. You will find sample camp packing lists at the end of this update.

Caretaking

It's critical to care for your Kit. Your outdoor life depends on it, so keep what you carry in the best condition. Young Trackers are encouraged to contribute funds toward the purchase of their own Trackers Kit. A Tracker is a caretaker, ensuring their clothing and gear lasts a lifetime.

Maintenance

Maintenance also prevents waste, so learn to care for your clothing and gear. Store and carry gear in such a way that you limit the damage. Know exactly where your Kit is at all times. Follow washing instructions and do regular maintenance, applying necessary conditioner to shoes, clothing, etc. Check for damage after each use, and promptly repair or replace as needed.

Trackers Tip When washing wool garments, use delicate cycles, cold water, and no soap (or soap specifically for wool). Don't put wool in the dryer—always hang it out to dry to prevent shrinking and wear.

Crafting

Learn sewing and other crafts that will help you repair your Kit. Don't throw out that sleeping bag with a hole—patch it! Rescue and restore those old leather boots. Repairing is an art we need to revive. As your skills improve, you can even make your gear.

By Used, Barter Used (BUBU)

A Tracker always practices Sustainability. In modern society, we've developed a bad habit of throwing things away when they are still useful. So it's easy to find used gear in great condition. . Which saves you money. Even if you can afford to buy new clothes and gear, buy it used anyway! Consider donating the money you save to groups that supply outdoor gear to youth who can't afford it.

Pay it Forward

Young Trackers will outgrow items in their Kit—especially clothing. In the spirit of Caretaking, share what no longer fits with extended family and community members who can use it. Your gift will encourage others to spend time outdoors with Tracking and more!

Always Organize (AO!)

The #1 motto for Caretaking is Always Organize! (AO!). Maintain your gear with precision. Make sure there is a place for everything in your Trackers Kit and put everything in its place.

Gearlines

Before heading out on an adventure, make a “gearline” where you neatly line up everything that will go in your Kit - including your pack - out where you can see it. Imagine what will happen during your adventure, and check to see that you have everything you need for those happenings. Order your gearline based on how often you will use each item. Based on your access plan, carefully place everything into your pack and its pockets. For example, if it’s sunny, maybe your raincoat goes in the bottom of your bag. Meanwhile, your water bottle and sunscreen can go into side pockets for easy access. Your knife should go in a safe place where it won’t fall out.

Trackers Tip We suggest strategically rolling your clothes to save room in your pack and keep it organized. Check out [how Marie Kondo does it](#). Finally, limit the gear you take to only what you need. Unneeded extras add clutter and weight to your Kit.

Kit Check!

Check your Kit frequently. When leaving an area, look around to make sure you left nothing behind! When with your Trackers Team, call “Kit Check” when you arrive at or leave an area.

Trackers Tip AO! goes beyond keeping gear in good condition. Precision and symmetry is an issue of safety too. In modern society, if you forget something, you can buy a backup. In the wilderness, if you forget something in your Kit, it could mean life and death.