

Zulu Adventure Camp

Backpacking Equipment List

It is absolutely necessary to bring all of the items listed

- ___ 1 pair hiking boots or work boots (comfortable & well broken in)
- ___ 2 pair wool socks
- ___ 2 pair polyester or silk sock liners (optional)
- ___ 1 pair long pants, fleece or wool
- ___ 1 pair nylon shorts (cotton as a last resort)
- ___ 1 swimming outfit
- ___ 1 pair long underwear bottoms (wool or synthetic)
- ___ 1 long underwear top (wool or synthetic)
- ___ 1 warm jacket/pullover (fleece or wool)
- ___ 1 other article for layering (fleece vest, another warm wool or synthetic shirt, etc.)
- ___ 1 hat (wool or fleece)
- ___ 1 hat with brim
- ___ 3 pair underwear
- ___ 1 pair light weight tread shoes for water and camp (Teva's, sneakers, etc.)
- ___ 2 short sleeve shirts (cotton is fine for hot weather)
- ___ 2 bandanas
- ___ Chapstick or lip balm
- ___ 1 cup, bowl, spoon, fork (Tupperware works great as a bowl)
- ___ Toiletries (*only the Basics in tiny sizes: toothbrush paste, Castile soap*
Remember small amounts because you won't need much.)
- ___ 2 water bottles each (I have enough for 2 of you)
- ___ Flashlight or headlamp
- ___ Personal medications
- ___ 2 large garbage bags
- ___ Sunglasses (optional)

OPTIONAL ITEMS: (Remember, every ounce counts!)

Binoculars, camera (disposable are great), sun screen, bug spray, journal, whistle, bathing suit

