

Adult Volunteer Packing List - Backpacking

Expedition Gear

Weather conditions may range from low 30s at night to mid-80s during the day. Warm clothes are a must. Snow and sleet are possible. Please remember that you will need to have room in your pack for BCM provided group gear and food.

- 1 full size backpack (internal or external frame ok)
- 1 tent for every 2 to 3 adults (work this out among the adult team)
- 1 Sleeping bag
- 1 Sleeping pad
- 1 pair hiking boots (rugged tread, good fit, well broken-in boots)
- 1 pair **close-toed** camp/water shoes (Keens, Crocs, or old tennis shoes)
- 2-4 pairs socks and liners
- Underwear
- 1 long underwear bottom and top
- 1-2 sports bra for women
- 1 – 2 pair shorts
- 1 pair long pants (no jeans)
- 1-2 T-shirts
- 1 long sleeve shirt
- 1 heavy weight sweater or fleece
- 1 set rain gear, top and bottom
- 1 warm hat
- 1 pair gloves
- Personal care kit (wet wipes, prescriptions, lip protection-w/SPF, sunscreen, insect repellent, toothbrush, toothpaste, feminine hygiene products)
- Headlamp
- Plastic cup, bowl, spoon
- 2 quart-sized water bottles or 1 water bladder and 1 water bottle

Optional

- Camera, trekking poles, map and compass, knife, foot powder, journal, mosquito head net

Travel Days

- Clothing for travel days
- Spending money
- Personal care items (toiletries for travel)

*Leave valuable items at home. Your travel clothes and gear may be stored in an insecure location.