

## *Northwoods Expedition Packing List*

- Pack with Frame\*
- Sleeping Bag with Compression Sack\*
- Ground Pad\*
- Raingear (Jacket and pants)\*
- 1 Warm Wool or Fleece Sweater\*
- 1 Wool or Fleece Hat\*
- 2 Pairs of Long Underwear (Synthetic fibers, such as polypropylene are best. No cotton)
- Mittens or Gloves
- 1 Pair of Lightweight Pants (No cotton)
- 2 Pairs of Quick-Dry Shorts
- 2 Short-Sleeve Polypropylene Shirts (Look for Silk Weight or Duofold brand. No cotton)
- Underwear
- 1 Swim Suit (Nylon, not cotton)
- 4 Pairs of Wool Socks and Nylon Liners\*
- 1 Pair of Sturdy Hiking Boots\*
- Journal or Notebook and pencil or pens
- 1 Pair of Sneakers for Camp Use\*
- 2 Polypropylene Long-Sleeve Shirts (mid-weight)
- Hat with Visor
- Sunglasses
- 2 Sturdy Plastic Water Bottles (1 Liter)
- Mug, Bowl, Spoon (Unbreakable)
- 1 Small Flashlight with New Batteries
- 1 or 2 Bandanas
- Small Hand Towel or Washcloth
- Toilet Kit\*
- Toothbrush, Toothpaste
- Insect Repellent (Non-aerosol)
- Sunscreen
- Biodegradable Soap
- Extra Garbage Bags
- Gators
- 3 Compression Stuff Sacks\*
- 1 Small Dry Bag\*
- Small Duffle Bag or Backpack for the Airplane only
- Book to Read
- Tevas or Water Shoes

### **\*SEE GUIDELINES**

- **Do not bring radios, watches, electronic games, candy, gum or any food, cigarettes, alcohol, illegal drugs, hairsprays, or razor blades. We will re-pack with you, upon arrival, to ensure that loads are as light as possible.**