



## Teen Adventure Camp Packing List

*Please clearly mark all personal clothing and items.*

I know - so few items for so many days! Trust me - a lighter pack is well worth it. We'll be passing streams in which we can do some cleaning, as well, and besides - if everyone's smelly, is there really such a thing as smelly? We will also be doing laundry in the middle of our trek while staying at the AMC center. Please remember that every participant will carry communal gear and food, in addition to personal items, so save room in your pack! Additionally, limit fragrant items such as deodorant/perfumes in order to ensure that animals are not attracted to your bag. In general, it is best to bring wool, synthetic, and quick-dry materials rather than cotton which will take a long time to dry if it gets wet.

Item	8 & 15-Day
Hiking Pants (pants prevent ticks. Pants that zip off into shorts are ideal)	1
Shorts (ideally zip-off of pants)	1
T-shirts (ideally quick-dry)	3
Long socks (wool or similar hiking socks. NO cotton)	4
Underwear	5

Swim trunks/swimwear	1
Lightweight fleece	1
Long underwear/joggers to sleep/relax in	1
Raincoat or poncho	1
Sun hat/cap - ideally 360-degree brim	1
Hiking boots or strong trail runner sneakers	1
Sandals or water shoes - light & comfortable with traction, used for canoeing and for relaxing at the campsite	1

Shabbat Shirt, Pants, Dress	1
Toothbrush	1

*We will provide Toothpaste, Sun-block lotion SPF-30 or higher, Hand Sanitizer, Soap, Shampoo, and Insect Repellent for the group in order to minimize backpack weight.*

### Gear

<ul style="list-style-type: none"> <li>● Backpacking backpack (55+ Liters)</li> </ul>
<ul style="list-style-type: none"> <li>● Sleeping Bag (shouldn't be too bulky, any temperature rating will do)</li> </ul>
<ul style="list-style-type: none"> <li>● Sleeping Pad</li> </ul>
<ul style="list-style-type: none"> <li>● Sturdy water bottles (or camelback) for 3 liters of water.</li> </ul>
<ul style="list-style-type: none"> <li>● Headlamp/flashlight - headlamp is recommended as it allows the use of both hands.</li> </ul>

**Optional Items & Religious Items** - participants are never forced to wear or use a particular traditional Jewish item, but are invited to bring and use the following:

<ul style="list-style-type: none"> <li>● Kippah, Tallit, Tefilin</li> </ul>
<ul style="list-style-type: none"> <li>● Siddurim are provided. You are invited to bring your own.</li> </ul>
<ul style="list-style-type: none"> <li>● Camera</li> </ul>
<ul style="list-style-type: none"> <li>● 1 Book, Deck of cards, frisbee.</li> </ul>
<ul style="list-style-type: none"> <li>● Warm hat and light gloves - it can get chilly at night.</li> </ul>
<ul style="list-style-type: none"> <li>● Microfiber/quick absorbent towel</li> </ul>