



## Suggested Advisor Packing List

Middle School Camden Campout 2023

Camden Hills State Park

### Camping Considerations:

- The camping is in a shared space, hard-packed gravel road, and campsites with large grass field, some slopes and hills
- There are fire rings and picnic tables at each site
- Drinking water will be available all weekend
- Accessible showers and bathrooms

### **Personal Gear:**

#### Clothing:

- 1-2 synthetic long sleeve shirts (Polyester, Capilene, etc.)
- 1-2 t-shirts, synthetic
- 1 Fleece sweatshirt or sweater
- 1 rain jacket
- Down or insulated jacket
- 1 pair of synthetic long underwear or leggings
- 2 pairs of underwear
- 1 pair of warm pants or casual sweatpants to wear around the fire
- 1 pair of shorts

#### Head:

- 1 warm hat
- 1 hat for sun protection

#### Feet:

- 2 pairs of hiking socks (synthetic or wool)
- Hiking boots/athletic sneakers
- River shoes or sandals

#### Hands:

- 1 pair of gloves

#### Sleep System:

- Tent
- **Sleeping bag (synthetic or down-filled bag rated to 20 degrees F)**
- Sleeping pad
- Pillow
- Breathable clothing for sleeping

### Other:

- Refillable water bottle
- Personal toiletries
- Towel
- Dry Bag (for any watersport)

### **Group Gear:**

- Campfire cook stove and propane
- Packable table for food prep, cooking or eating from
- Cooking utensils
- Popup tent / Tarp with rope (in case it rains, your group will have a dry meeting space)
- Camp Chairs
- Plates/Bowls/Utensils
- Knife/Cutting board
- Pots/Pans
- Paper towels/napkins
- Large water container for cooking
- Refillable water bottle
- Small flashlight or headlamp with NEW and spare batteries.
- Waterproof matches/ lighter

### **Additional Leader Items:**

- **First aid kit**
- **Extra clothing**-- warm hat, mittens, long underwear, etc. (for participants or emergency situation)
- Copy of itinerary (with emergency phone numbers) - leave a copy behind
- Copies of ALL medical forms of participants - leave copies behind
- Large garbage bag
- Hand warmers
- Repair equipment (appropriate to the equipment on the trip): stove kit, extra cord, duct tape, needles, strong thread/fishing line.
- Pen/paper
- Vehicle keys
- Cell phone

### **Food :**

- Snacks (ex. granola bars, trail mix, grab-and-go)
- Dinner Friday
- Breakfast, Lunch and Dinner Saturday
- Quick/Easy Breakfast Sunday



## Suggested Student Packing List

Preparing to go camping or on an outdoor adventure can be intimidating but don't worry, we are here to help. Here are some of our suggested items that you should consider when packing for Middle School Camden Campout 2023

### Camping considerations during Fall in Maine:

- Dress for cool weather, pack a sweatshirt or light jacket, but come prepared with warm weather clothing for warm and sunny afternoon temps
- Pack a beanie or a hooded shirt to keep your head warm throughout the day, or while sleeping during cold nights
- Pack a refillable waterbottle - limit single use plastics!
- Come prepared with a backpack, not only to carry your gear to camp but to carry personal items throughout the day
- If you are unsure what any of these items are or what they're used for, please contact [Samantha@teentotrails.org](mailto:Samantha@teentotrails.org). She's happy to help!

### **Personal Gear:**

#### Clothing:

#### Upper Body:

- 1-2 synthetic T-shirts (look at the inside tags for polyester!)
- 1-2 long sleeve insulating synthetic layer
- 1 Fleece sweater or jacket
- 1 rain jacket
- 1 insulating jacket, down jacket
- Swim shirt or swim suit

#### Lower Body:

- 1 pair synthetic long underwear or leggings
- 2 Pairs of underwear
- 1 pair of warm pants or casual sweatpants to wear around the fire
- 1 pair of shorts

#### Head:

- 1 warm hat
- 1 hat for sun protection

#### Feet:

- 2 pairs hiking socks (synthetic or wool)
- Hiking boots/athletic sneakers
- Camp shoes (slippers/crocs)

#### Hands:

- 1 pair of gloves

#### **Additional Gear:**

- Small flashlight or headlamp with NEW and spare batteries.
- Travel plate/bowl/utensil (tupperware works well!)
- **Refillable water bottle**
- Personal toiletries
- Towel
- A great attitude, willingness to learn and adapt, as well as smiles

#### Sleep System:

- Tent
- **Sleeping bag (synthetic fiber or down filled bag rated to 20 degrees F)**
- Sleeping pad
- Pillow
- Breathable clothing for sleeping

#### Optional:

- Book, notebook or journal
- Camp chair
- Hammock
- Deck of cards or portable game (non- electronic or video based)
- Trail snacks
- Sunglasses
- Dry Bag (for watersports)