



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP MINIKANI EXPEDITION PACKING LIST

Participants in the Expedition Camp should pack in a large duffel bag or backpack. The items on this list cover everything that will be needed for all components of the trip. Please pack extra basic items for your time at Minikani. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

All Participants should pack:

- Hiking Boots (You will wear these for most of the time you are at camp. They must be comfortable and sturdy, preferably water resistant. Walk in them for at least 8 miles beforehand.)
- Sleeping Bag & Stuff Sack (Synthetic, rated to 30 degrees & able to be stuffed and carried.)
- 2 Pair Long Underwear Top and Bottom (Do not bring cotton! Polypropylene is the best fabric for warmth and comfort.)
- 1 Day Pack (This should be a school book size backpack. It should be large enough to hold rain gear, extra clothes, water bottle, and lunch.)
- Rain Jacket/Pants Combination (If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a pack on.)
- Sandals with backs or old gym shoes
- 2 Water bottles (32 oz. Nalgene bottles are best. No camelbacks.)
- 1 Fleece Jacket or Wool Sweater
- 1 Pair Sweatpants or Fleece Pants
- 2 Pairs Long Pants (No Jeans)
- 2 Pairs Shorts
- 1 Pair Tennis Shoes

Optional Items:

- Camera (inexpensive)
- Paper, Envelopes, and Stamps; journal/Book
- Frame Backpack (Trip outfitter can supply one)
- Sleeping Pad (Trip outfitter can supply one)
- Portable, lightweight camping chair
- Small Pillow (airplane size)

Do Not Bring:

- Drugs, Alcohol or Tobacco *Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home immediately at the parent/guardian expense.
- Knives or Guns
- Expensive items not required for the trip
- Radios, Cell Phones, mp3 Players, iPods, or Electronic Games
- Spending Money (except campers arriving by plane)