

Questers Packing List

Because Questers tend to be especially devoted to wilderness activities, you may want to invest more in outfitting them than you might for a younger child whose interests are less well defined. Still, all these items can be borrowed or bought used, so do not feel you need to spend hundreds of dollars on this equipment. Each week on the trail, Questers will get a resupply which will include food, clean clothes, and mail.

You will need two sets of trail clothes (this is accounted for in the packing list already). For example, if you bring 4 synthetic t-shirts, you will bring 2 with you when you leave campus, and leave 2 behind in your resupply duffel bag. After about six days on trail, the Quester coordinator will meet you with your resupply duffel bag, and you will take your 2 clean shirts from your duffel bag, and hand your 2 dirty shirts over to go to the laundry. After six more days, the 2 shirts you handed over to be washed will be brought back to you clean.

Equipment:

- Backpack: internal frame backpack, about 65 liters.
 - [EXAMPLE](#)
 - [Helpful pack-fitting video](#)
 - Remember, fit is more important than capacity. Slightly smaller than 65 liters is ok if it means a better fit.
- Hiking boots: 1 pair, mid-weight boots with ankle support—break them in before the summer! I do NOT recommend water-proof hiking boots, as they do not let your feet breathe.
 - [EXAMPLE 1](#)
 - [EXAMPLE 2](#)
 - [EXAMPLE 3](#)
 - THIS IS YOUR MOST IMPORTANT PIECE OF GEAR! Take some time to find boots that fit properly. You can go into a retail store and ask an associate for help with boot fitting, even if you plan to buy discounted online.
 - Spend some time hiking/walking around in your boots to break them in *before* you get to camp.
- Camp shoes: 1 pair, sneakers or other light-weight, close-toed shoes.
- Hiking socks: 6 pairs, NOT COTTON, must be wool, synthetic, or a blend of the two.
 - [EXAMPLE](#)
- Liner socks: 4 pairs, thin, synthetic capilene, polypropylene, or wool.
 - [EXAMPLE](#)

- Long underwear: 2 sets, long-sleeved top and bottoms. Synthetic, wool, or silk—no cotton or cotton blend (these are too difficult to dry out on trail).
 - [EXAMPLES](#)
- T-shirts: 4, synthetic (or wool, but synthetic is much less expensive).
 - [EXAMPLE](#)
- Light insulating top layer: long-sleeved shirt, fleece or wool, to be worn over a t-shirt or long underwear top.
- Heavy insulating top layer: thick wool sweater or fleece jacket.
- Shorts: 3-4 pair, synthetic. (inexpensive basketball shorts/athletic shorts work great)
- Pants: 1 pair, midweight fleece/synthetic workout pants/heavyweight long underwear bottoms (in addition to lightweight long underwear bottoms); NOT cotton.
 - [EXAMPLE](#)
 - [EXAMPLE 2](#)
- Underwear: 5-7 pairs. 3-4 sports bras.
- Masks! Minimum of 16 reusable cloth masks. Masks with lanyard attached highly recommended.
 - [EXAMPLE 1](#)
 - [EXAMPLE 2](#) (handmade by the SAM Camp Assistant Director!!)
 - [LANYARD](#)
- Swimwear: trail shorts and sports bras work great—no need to pack extra swimwear.
- Raincoat and rain pants: 1 set, coated nylon or lightweight rubber; must be waterproof and not just water resistant.
 - [EXAMPLE](#)
- Sun hat: 1, with brim.
- Warm hat: 1, wool or fleece.
- Toiletries: Keep it simple! Toothbrush, toothpaste, comb/brush, lip balm, sunscreen.
- Menstrual supplies: bring an ample supply of pads/tampons/a diva cup. New activities tend to alter cycles. A small fanny pack/bag to keep supplies dry and clean is helpful, as well as extra plastic bags.
 - Use whatever menstrual supplies you're most comfortable with! [Menstrual cups](#) can be great on trail, but make sure you test it out and get comfortable with it first!
- Sunscreen: waterproof, with high SPF rating—enough to last all summer.
- Bandanas: 4
- Sunglasses with safety strap.
- Whistle with neck cord
- 1-Liter water bottles: 2
 - [EXAMPLE](#)

- Headlamp/Flashlight: we recommend a light that can be worn on your head in order to free up your hands. Headlamps with LED bulbs are most efficient—halogen lights rapidly drain batteries.
 - [EXAMPLE](#)
- Batteries: bring plenty of extras for your headlamp/flashlight!
- Sleeping bag and stuff sack: nylon/synthetic outer shell AND synthetic fill. NO COTTON, avoid down. 40 degree rating is perfect for Questers—you may want to invest in a colder-weather bag for future trips!
 - [EXAMPLE](#)
- Sleeping Pad
 - [EXAMPLE](#)
 - [EXAMPLE 2](#)
- Bowl, spoon, and mug: 1 of each, durable.
 - [EXAMPLE](#)
- Medications/vitamins: enough for the entire summer, to be given to the nurse on the first day of camp.

In-Camp Supplies and Clothing

- Soap: biodegradable.
- Shampoo/conditioner.
- Towel
- Clothes to wear in camp: 1-2 sets. Can be cotton! This is what you'll wear on opening day/closing day.
- Small duffle or bag: for storage of your resupply clothes and as a way to bring them to you out on the trail. This bag needs to be big enough to fit half of your trail clothes (2 shirts, 2, shorts, 2 bandanas, 3 socks, underwear/bras).

Optional Items for the Trail

- Instant/disposable camera, film
- Camp chair: a crazy creek, for example.
- Bug shirt
- Bug dope (natural bug spray)
 - [EXAMPLE](#)
- Daypack (lightweight backpack or fanny pack)
- Journal and pens
- Stationary and stamps
- Book: small, lightweight, non-precious

- Pocket knife
- Camelback hydration system
- Sandals
- Small trail-sturdy musical instrument, such as a pennywhistle
 - [EXAMPLE](#)
- Extra pair of glasses if using prescription lenses
- Pack cover (many backpacking packs come with a cover built-in)

WHERE TO GET GEAR

Buy used, local, & thrifty when you can!

It's good for your wallet and good for the environment if you need to buy "new" used clothing and gear for camp, especially if your camper is still growing. Below is a list of suggested retail stores that offer used or consignment items.

If you are going to buy new, we suggest investing in gear that your child won't quickly outgrow, such as a backpack or sleeping bag. If you forgot to pack an essential item when you arrive to camp or if there are camping items on this list which are out of your family's price range, please let your camp director know and make arrangements BEFORE arriving at camp. We have limited supplies of larger, pricier items for campers to borrow, like frame packs or sleeping bags.

Suggested Used, Trade-in, Outlets, & Consignment Outdoor Gear & Clothing Stores:

- [REI Good & Used Clothing Store](#)
- [REI Outlet](#)
- [Sierra Trading Post](#)
- [Used Arc'teryx](#)
- [Ebay Camping and Hiking](#)
- [EMS Outlet](#)
- [Geartrade](#)
- [Goodwill](#)

- [Outdoor Gear Exchange Consignment](#)
- [Outdoors Geek](#)
- [Patagonia Worn Wear](#)