

Alpengirl Packing List

WA Coast Backpacker Adventure

What to pack in your BIG Backpack (label everything with your name):

- ___ **(1) Backpacking Backpack.** Select a 50-75 liter internal frame youth **backpack** or a women's **backpack** with adjustable shoulder straps, chest strap and a padded hip belt that fits snug on hips. A standard bear canister (9 x 12 inch diameter) should fit horizontally in the bottom of the main compartment. If you are renting or borrowing this backpack from Alpengirl you may substitute an XL soft-sided duffel bag for the big backpack. You'll pack this backpack with the following items inside.....
- ___ **(1) Sleeping Bag.** Synthetic preferred, rated 20-40 degrees F, 5 lbs or less (NO cotton.)
- ___ **(1) Compression Stuff Sack.** This should have compression straps to greatly reduce the size of your sleeping bag.
- ___ **(1) Sleeping Pad.** This could be **closed** foam or **self-inflating air** and is used for insulation from the ground and comfort, 2 lbs or less.
- ___ **(1) Water Shoes.** These must have straps (Teva style is good) and may NOT be flip flops. These are used almost DAILY during camp and will be used for water activities and other activities at camp.
- ___ **(1) Hiking Boots.** Mid weight boots with extra ankle support, stiff foot support, and reinforced leather or synthetic outer layer (NOT a low-cut day hiker trail shoe).
- ___ **(4) Hiking Socks.** Medium weight, non-cotton, wool blend **trail-hiking socks**. You may add an additional 2 pairs of synthetic, non-cotton **liner socks** if you like to layer your socks for blister prevention.
- ___ **(6) Underwear.** No laundry during camp, a clean for each day.
- ___ **(1) Swim Suit.** One or two piece, your choice.
- ___ **(2) Sports Bras.**
- ___ **(2) T-shirts.** Ideally both are synthetic material, but, 1 can be cotton.
- ___ **(2) Shorts.** Loose fitting shorts, ideally these are synthetic material, but, cotton is allowed.
- ___ **(1) Fleece Pant.** Warm, medium-weight synthetic **fleece pant**.
- ___ **(1) Fleece Jacket.** Warm, medium-weight synthetic **fleece jacket** 2lbs or less.
- ___ **(1) Long Underwear - Bottom.** A base layer **mid-weight long underwear bottom** (NO cotton.)
- ___ **(1) Long Underwear - Top.** A base layer **mid-weight long underwear top** (NO cotton.)
- ___ **(1) Rain Pant.** Waterproof **rain pant**. This is one of the most important gear items you'll want to invest in, it's very important for keeping warm, dry and happy at camp. Yes, it is REQUIRED and is nice to have them run little big for adding on top of layers and growing into.
- ___ **(1) Rain Jacket.** Waterproof **hooded rain jacket**. This is one of the most important gear items you'll want to invest in, it's very important for keeping warm, dry and happy at camp.
- ___ **(1) Sun Hat.** A brimmed hat for sun protection (baseball caps work fine.)
- ___ **(1) Warm Hat.** A beanie style **warm hat** for cold nights and mornings. Should be a merino wool blend or synthetic fleece, NOT cotton.

- ___ **(1) Glove Liners.** Light or mid-weight **hand/glove liners** for cold nights and mornings (NO cotton).
- ___ **(1) Pack Towel.** Medium sized **pack towel** that is synthetic (NOT cotton) that you'll find at an outdoor store. Sized 12" x 24" size.
- ___ **(1) Mosquito Headnet.** (Optional) This is recommended for the Yellowstone Horseback Adventure and Cascades Sea to Summit Adventure, but can be brought for any trip if desired.
- ___ **(-) Travel Clothing.** You'll wear this for travel to and from camp as well as before and after backpacking. Include (2) socks, (3) underwear, bra, (2) shirts, pants, light sweater.

What to pack in your SMALL Backpack (label everything with your name):

- ___ **(1) Small Backpack.** Select a school-sized day-pack backpack with shoulder straps (used daily during travel and during camp) and pack the following items in it.....
- ___ **(1) Mesh Dunk Bag.** Approx. 3-5 L and used to store the following Mess Kit items:
 - ___ **(1) Mug.** A 12 oz. travel mug with lid that is lightweight (no double-walled metal mugs). Used for backpacking meals and hot drinks.
 - ___ **(1) Bowl.** An **unbreakable bowl**.
 - ___ **(1) Utensil Set.** A **fork + spoon** or a **spork**.
- ___ **(1) Personal Toiletry Kit.** A kit should have your name on it and include the following travel sized items that are also labeled with your name:
 - ___ **(1) Toothbrush + Toothpaste.**
 - ___ **(1) Sunscreen.** Minimum SPF 30 (no spray cans).
 - ___ **(1) Chap stick.** SPF 15 (minimum) is required.
 - ___ **(2) Hand Sanitizers.** Travel size Purell waterless hand sanitizers (at least 60% alcohol-based).
 - ___ **(2) Wipes.** Antibacterial hand wipes.
 - ___ **(-) Tampons and/or pads.** Bring a few just in case.
 - ___ **(1) Deodorant.** No aerosol cans or sprays, stick only.
 - ___ **(1) Comb.** Or a small brush if your prefer.
 - ___ **(1) Shampoo + Conditioner.**
 - ___ **(1) Bio-degradable Soap.**
- ___ **(1) Insect Repellent.** Travel size packed in a ziplock bag to avoid leaking (no spray cans). We suggest 100% DEET products for short term use at camp. If you are very concerned about mosquitoes, feel free to pack a breezy long sleeved shirt in addition to bug spray.
- ___ **(4) Ziplock Bags.** Gallon size is good, used for personal garbage and protecting some of your things in case of rain.
- ___ **(2) Trash Bags.** Unscented 30-40 gallon trash bags, used for lining backpacks in case of rain.
- ___ **(1) Bandana.**
- ___ **(3) Cloth Masks.** Masks must be 2 or 3 layers of washable fabric that fit comfortable and securely over nose and mouth (no buffs, neck gaiters, face shields or bandanas).
- ___ **(1) Headlamp.** Small with an extra set batteries.

- ___ **(1) Whistle Necklace.** A whistle on a string is worn around your neck during camp as a safety precaution.
- ___ **(1) Sunglasses.**
- ___ **(1) Nalgene Water Bottle.** A 32 oz. Nalgene wide-mouth loop-top **water bottle** with screw on lid is used daily at camp. NOTE: Alpengirl provides **Aqua Mira** (chlorine dioxide based treatment that is iodine and chlorine free), iodine tablets or other approved water purification methods (UV SteriPen, Gravity Filters, etc) when in the backcountry. If you have sensitivity to a particular water treatment method you may call Alpengirl to discuss alternative water purification options.
- ___ **(1) Glasses + Contacts.** Eyeglasses or contacts with solution (If needed).
- ___ **(1) Notebook.** (Optional) A small travel-sized notebook and pencil/pen.
- ___ **(1) Book.** (Optional) No hard cover/large/heavy books.
- ___ **(1) Pocket Knife.** (Optional) You may bring a small pocket knife to camp as long as you know how to properly/safely use it before you arrive at camp. If you bring one to camp, you'll need Alpenguide approval and supervision while using it. Improper, unsafe pocket knife use may warrant confiscation of it until end of camp. This should be packed in your checked bag if traveling to camp by airplane.
- ___ **(1) Music List.** (Optional) Write down a music list to share with the group. Your Alpenguides can make a playlist on their devices and we can listen to music when we are traveling in the van during camp together as a group. Sorry, no personal headphones or personal music playing devices are allowed at camp; if you arrive with them, they will be put away and stored for non-use during camp with us.
- ___ **(1) Digital Camera.** (Optional) Bring a camera with protective case, extra batteries/vehicle charger, and memory cards. Cell phones are put away and stored during camp, so, if you want to take pictures at camp, you'll need to bring an inexpensive digital camera.
- ___ **(1) Ziplock #1.** A large ziplock labeled with campers name and includes the following items:
 - ___ **Airline Tickets.** If flying to/from camp you may also need identification, check your airline rules.
 - ___ **Baggage & Unaccompanied Minor Fees.** If flying home from camp, include a "paid in full" receipt or cash for these fees. Please include a note for us to understand what each payment or receipt is for; we will hold on to this for your camper until departure. (Read Alpengirl camp **travel information** for more details.)
 - ___ **National Park Form.** You'll need to bring the signed Visitor Use Acknowledgment of Risk Form that was emailed to you in late May; this form is NOT found on the website. This form is collection upon arrival to camp by Alpenguides.
 - ___ **Spending Money Cash.** Campers should arrive with a little bit of personal spending money cash, \$25-\$50 is recommended. This can be spent on replacing lost, damaged, inadequate or expired personal items or gear such as chap stick, contact solution, etc. Money that campers don't spend on replacement items will be happily spent on their own special treats like ice cream at the end of camp.
 - ___ **Mail.** (Optional) Sometimes, parents like to send along a few (1-3) pre-written camp letters that can be distributed to their camper during camp by the Alpenguides.
 - ___ **Cell Phone + Charger.** We recommend that campers bring a cell phone (with wall charger and vehicle charger) for use during travel to/from camp. All camper phones will be collected, turned off and stored for non-use during camp. This camp session offers a scheduled day at the end of camp when campers call home using their own cell phone

(campers without a cell phone may borrow an Alpenguide cell phone for a brief scheduled call home).

___ **COVID-19 Document.** Proof of vaccination or, negative PCR test result administered within 72 hours of camp arrival. See Alpengirl [COVID-19 web page](#) for details and updated practices and policies.

___ **(1) Ziplock #2.** A large ziplock labeled with campers name and includes the following items:

___ **Medications.** "Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Bring enough medication to last the entire time at camp. Medication brought to camp must be in original pharmacy containers with labels that show the campers name and how the medication should be given. If you are or think you may be severely allergic to bee/wasp stings or foods or plants that would require immediate medication, you are required to bring your own self-injecting Epi-pen. As a safety precaution, all medications (including aspirin) are collected at the start of the trip and administered as required or needed. Note for those bringing inhalers: two inhalers are REQUIRED, one can be kept in the possession the camper with the prescription, the other will be kept in the possession of our camp staff.

Don't Bring:

- Personal music players (you may use during your travel to and from camp, but they will be held during camp for you).
- Valuable items that may get lost, stolen or damaged (Alpengirl can not be held liable for loss, theft or damage of any items you bring to camp).
- Magazines, e-book readers, video cameras, food, drinks, gum, candy, breath mints (you may use during your travel to and from camp, but they will be held during camp for you).
- Medications or vitamins of any kind that are not listed on your Alpengirl Health Form.
- More than what is on this list.