Alpengirl Adult Adventures Packing List

(Updated June 2026)

Please be sure to check if your trip requires/does not require specific items

Links are provided to give an idea of what each item looks like - you are more than welcome to find anything similar that suits! Feel free to reach out to info@alpengirlcamp.com with any questions about specific items.

- ☐ **(1) Backpacking Backpack.** Select a 50-75 liter internal frame women's backpack with adjustable shoulder straps, chest strap and a padded hip belt that fits snug on hips.

  *(Note: a standard bear canister (9 x 12 inch diameter) should fit horizontally in the bottom of the main compartment. Participants do **NOT** need to bring a bear canister, this is for size reference).*

  If you are renting or borrowing this backpack from Alpengirl, or if you are attending Maine Coastal Adventure or Wind River Llama Pack Adventure, you may substitute an XL soft-sided duffel bag.

  (NOTE: If your adventure does not include any backcountry camping/backpacking, this item is not necessary. Ex) Iceland Highlands and Sedona Hiking Adventure. You may pack in a suitcase or duffel bag)

- ☐ **(1) Sleeping Bag** (or **Sleeping Bag**) Synthetic preferred and rated 20-40 ℉ (NO cotton.)
  (NOTE: If your adventure does not include any camping, this item is not necessary. Ex) Iceland Highlands and Sedona Hiking Adventure)

- ☐ **(1) Compression Stuff Sack** This should have compression straps to greatly reduce the size of your sleeping bag.
  (NOTE: If your adventure does not include any camping, this item is not necessary. Ex) Iceland Highlands and Sedona Hiking Adventure)

- ☐ **(1) Sleeping Pad.** This could be closed foam or self-inflating air and is used for insulation from the ground and comfort. If backpacking during your trip, we recommend a pad that weighs under 2 lbs.
  (NOTE: If your adventure does not include any camping, this item is not necessary. Ex) Iceland Highlands and Sedona Hiking Adventure)

- ☐ **(1) Water Shoes**. These must have straps (Teva style is good).
- ☐ **(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). Exception: If you are attending the Maine Coastal Adventure, you may substitute these boots with a low-cut day hiker trail shoe. Please make sure to break in these boots PRIOR to arriving — brand new boots on the trail are NOT fun!
- ☐ **(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.
- ☐ **(1) Rain Pant.** Waterproof rain pants (or this rain pant).
- ☐ **(1) Rain Jacket.** Waterproof hooded rain jacket.
- ☐ **(6) Underwear.**
- ☐ **(1) Swim Suit.**
- ☐ **(3-4) Sports Bras.**
- ☐ **(4) T-shirts.** Ideally these are synthetic material, but cotton is allowed.
- ☐ **(2) Shorts.** Loose fitting shorts for all kinds of adventure activities. Ideally these are synthetic material, but cotton is allowed.
- ☐ **(1) Fleece or Puffy Pants.** Warm, medium-weight synthetic fleece pants or puffy pants (must be easily compressed)

  (NOTE: If your adventure does not include camping, this item is not necessary)

- ☐ **(1) Fleece or Puffy Jacket.** Warm, medium-weight synthetic fleece jacket or puffy jacket (must be easily compressed)
- ☐ **(1) Long Pant.** A quick-dry non convertible style non-cotton pant OR a zip-off style "convertible" non-cotton pant works well. Please NO jeans.
- ☐ **(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) 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 or a size larger if you like.
- [ ] **(1) Pajamas.**
- [ ] **(1) Long Sleeved UV Protection Sun Shirt. (**Optional)
- [ ] **(1) Camp Pillow**. (Optional) A small inflatable or non-inflatable camp pillow purchased from an outdoor store (regular bed pillows are not allowed).
- [ ] **(1) Mosquito Headnet.** (Optional)
- [ ] **(1) Dinner Outfit.** (Optional) Outfit for end-of-trip dinner, can be casual or dressy.
- [ ] **(1) Small Backpack.** Select a school-sized day-pack backpack with shoulder straps (used daily during travel and day hiking). Day packs with hip support are also acceptable!
- [ ] **(1) Mesh Dunk Bag**. This is used to store the following Mess Kit items:
    - [ ] **(1) Mug.** A 12 oz. insulated travel mug with lid (for backpacking meals and hot drinks)
    - [ ] **(1) Plate and Bowl.** An unbreakable plate and bowl. A medium-sized Tupperware bowl with a fitted lid used as a plate works well.
    - [ ] **(1) Utensil Set.** Made for camping style work best, but any will do.
- [ ] **(1) Personal Toiletry Kit.** A kit should have your name on it and include the following travel sized items:
    - [ ] **(1) Toothbrush + Toothpaste.**
    - [ ] **(1) Chap stick.** SPF 15 (minimum) is suggested.
    - [ ] **(1) Hand Sanitizer.** Travel-sized Purell waterless hand sanitizer bottles (at least 60% alcohol-based)
    - [ ] **(2) Wipes.** Travel size antibacterial hand wipes. (optional)
    - [ ] **Tampons and/or pads.**
    - [ ] **(1) Deodorant**. No aerosol cans or sprays, stick only.
    - [ ] **(1) Comb.** Or a small brush if you prefer.
    - [ ] **(1) Shampoo + Conditioner**. Travel-sized only
    - [ ] **(1) Lotion**. Travel-sized non-scented hand/body lotion.
- [ ] **(1) Sunscreen**.(no spray cans), full-sized bottle recommended.
- [ ] **(1) Insect Repellent**. Travel-sized packed in a ziplock bag to avoid leaking (no spray cans). We suggest 100% DEET products for short term use. 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.**
- [ ] **(1) Headlamp.** Small with an extra set of batteries.
- [ ] **(1) Sunglasses.**
- [ ] **(2) Nalgene Water Bottles.** 32 oz. Nalgene wide-mouth loop-top water bottles with screw on lid.
  (NOTE: Alpengirl provides Aqua Mira or iodine tablets for water purification when in the backcountry or on long hikes. Two water bottles are required on all sessions to ensure participants have access to water while their other bottle is purifying. Aqua Mira is a chlorine dioxide based treatment that is iodine and chlorine free - 32 oz bottles are necessary to ensure proper dosage in each bottle. However, if you have sensitivity to this treatment you may call Alpengirl to discuss alternative water purification options.)

- [ ] **(1) Glasses + Contacts.** (If needed) Eyeglasses or contacts with solution. Please be sure to bring spare contacts/back-up glasses if necessary to wear daily.
- [ ] **(1) Notebook.** (Optional) A small travel-sized notebook and pencil/pen for journaling.
- [ ] **(1-2) Books.** (Optional) We recommend 1 or 2 light paperback books or a small e-reader
- [ ] **(1) Pocket Knife.** (Optional) This should be packed in your checked bag if traveling by airplane.
- [ ] **1) Cell Phone.** We encourage you to use airplane mode to create a tech-free environment and only use your

phone for photos. Alpenguides will be in communication with Alpengirl leadership at all times, and your loved ones will be able to contact you through them in the case of an emergency.

- ☐ **(1) Digital Camera.** (Optional) Bring a camera with a protective case, extra batteries/vehicle charger, and memory cards.
- ☐ **(1) Medications.** Please bring any medication you will need. All medications need to be listed on your health form. "Medication" is any substance a person takes to maintain and/or improve their health. This includes all vitamins and natural remedies.

> *(**Note**: **Please ensure all medication is listed on your health form.** Bring enough medication to last the entire session. **If you are or think you may be severely allergic to bee/wasp stings, foods, or plants that would require immediate medication, you are required to bring two of your own self-injecting Epi-pens. For any participants that are bringing inhalers: two inhalers are REQUIRED***

The following items are discouraged:

- 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).
- Medications that are not listed on your Health Form, or any illegal drugs (please note state- and country-specific regulations regarding banned substances).

If you have any questions or concerns about what to pack, always feel free to reach out to our office at 406-570-6312 or at info@alpengirlcamp.com. Happy packing!