



PACKING LIST – OVERNIGHT CAMPING

ITEMS YOU NEED TO BRING

You must bring these personal items.

- 1 pair of comfortable sneakers or boots
- 1-2 pairs of quick drying shorts (NO jean shorts, sweat shorts, or short shorts)
- 1-2 T-shirts (May be cotton. No inappropriate images or wording)
- 1 long sleeve shirt- synthetic is preferred.
- 1 Warm Fleece or sweater
- 1-2 pairs comfortable pants (nylon, camouflage, or fleece – NO COTTON)
- Underwear
- 2 pairs socks
- toothbrush and toothpaste
- small flashlight or outdoor head lamp
- bandana or scarf
- extra glasses/contacts
- personal medication (to be given to teachers or instructors)
- personal hygiene items for women
- small bottle of sunscreen (at least spf 15)
- insect repellent (non-aerosol)
- Hat for sun/warmth as per the season

OPTIONAL ITEMS TO BRING:

- nylon windbreaker jacket
- unscented lotion
- disposable camera
- sunglasses
- small notebook and pen

Our clothing list reflects the importance of the layering principle. Dressing in several light layers rather than one heavy layer allows more flexibility as the weather and workloads change. Wool and synthetics (polypropylene or fleece) retain much of their insulating ability when wet.

Do not bring cotton clothing (except t-shirts) such as jeans, or sweatshirts. Cotton retains moisture and loses almost all of its insulating properties when wet. And once cotton clothing gets wet, it stays wet.

- **If you have asthma – You MUST bring your 2 inhalers!**
- **If you have allergies that require Epinephrine – You MUST bring your Epi-pen! (2 is ideal!)**

WE PROVIDE ALL PARTICIPANTS WITH

raingear * sleeping bag * back pack * stove * food * cup * bowl * spoon * water bottle * sleeping mat and other group equipment like tents.

ITEMS NOT TO BRING

- jewelry and other valuables
- electronics – phones, ipods or video games
- knives
- playing cards
- books or magazines
- food, candy or snacks
- deodorant
- soap or shampoo

WEATHER

You can expect the weather in the Twin Cities region to be warm and pleasant from early spring through late fall. The summers can be humid with average temperatures ranging from the 60-95°f. The spring and fall are milder with average lows 40-60°f and highs 60-80°f. While canoeing, the water temperature ranges from the 55-75°f. Frosts can occur at any time in spring and fall. Rainfall averages vary each month and thunderstorms are always possible.

PROPER CLOTHING IS ESSENTIAL

Bringing the proper clothing on your program is essential. Because our program environments are characterized by unpredictable weather it can get cold, hot, or rain any time of the year. You should bring everything on the list, you can also leave behind extras. The clothing list has been carefully compiled based on all the weather conditions you may encounter while on your program. Call if you have questions:

Voyageur Outward Bound – Twin Cities Center –
651-292-1062

We can recommend thrift/second hand and/or outdoor clothing stores if you need additional gear, but you DO NOT need to spend money on gear, it is not necessary.