Packing List for Venture Out
Women's Backpacking Trip

Recommended Packing List: (This list represents an ideal list. Don't go out and buy all new items!)

- Required medications and anything for aches and pains
- Bible, books, notepad, pen (small and packed in plastic zip-lock bag)
- Nylon sleeping bag with stuff sack; 20 degree rating recommended
- Camping pillow (some use sleeping bag stuff sack)
- Sleeping Pad (camp has foam pads)
- Hiking boots (ankle height)
- 1 pair of sandals or gym shoes to wear around campsite (Crocs are a nice lightweight, quick drying option)
- 3 pairs of socks (hiking liners optional but recommended)
- Underwear, 2 quick dry t-shirts, hiking shorts, 1 pair hiking pants, warm long sleeve, fleece (Pack light and think layers!)
- Warm jacket or sweater
- Bandana or buff
- 1 warm wool hat
- Brimmed hat and/or sunglasses
- Personal items & toiletries (biodegradable soap, face wipes, baby wipes…)
- Sunscreen and Insect Repellent (non-aerosol)
- Swimsuit (modest in design) and small camp towel
- Water bottle or Camelback bladder
- Headlamp or flashlight
- Raincoat (good but lightweight, rain pants optional)
- 2 gallon freezer bags to pack clothing in (keeps them dry)

We have found that it is nice to bring clean clothes to change into once we come out of the woods. We leave these on the bus while we are hiking. You will also need cash for lunch once we get out of the woods and head back to CPBC.

Camp will provide:

- Backpack
- Tent
- Food/Snacks
- Water filtration system
- Stoves
- 8 oz. Cup
- Bowl
- Spork
- First Aid Kit

Optional "Luxury" Items:

- Camera
- Carabiners
- Lightweight camp chair (i.e. Crazy Creek)
- Hammock and straps
- Body Glide
- Backpack cover (camp will provide a large garbage bag for this purpose)