

Packing List for 3 Adults, 1 Toddler, and 1 Baby

4 Day 3 Night Itinerary

Jack

[Base Layers](#)

[Sun hat](#)

[Rainsuit](#)

[Wind Breaker](#)

[Fleece](#)

[Keens](#) (2 pairs)

[SmartWool Socks](#)

Fleece PJs (2)

[Wee Woolies](#)

Diapers

4 diapers/day

2 swim/day

Wipes

Diaper Cream

Dirty Diaper Bags

Swim Trunks

[Rash Guard Shirts](#)

[Baby Banz Sunglasses](#)

Winter Hat

Toothbrush

Toothpaste

[Pack Towel](#)

Pail and Shovel

Fishing Pole

Inflatable Beach Balls

[Deuter Kids Backpack](#)

3 Lightweight Storybooks

Rowan

Wicking Layer (2)

Socks (2)

Rainsuit

Fleece

Fleece PJs (2)

Snowsuit

Winter Hat

Sun Hat

Swimsuit

Diapers

5 per day

1 night/day

2 swim/day

Pack Towel

Baby Toys (3)

Misc

Salt (for leeches)

Health Cards

[Sunscreen](#)

[Insect Repellent](#)

[Mosquito Head Nets](#)

Folding Saw

Rope

Toilet Paper

Poo Shovel

Purell

General Purpose Wipes

[Tarp/Bug Tent](#)

Camera

[Jackery](#)

Cell Phones

[Cell Phone Protectors](#)

[Butt Pad](#)

Garbage Bags

[Solar Shower](#)

Kitchen

[Stove](#)

[Fuel](#)

[1 Plate/Cutting Board](#)

[4 Bowls](#)

Sharp Knife

[4 Sporks](#)

[Spatula](#)

Stirring/Serving Spoon

Backpacking Cookset

Matches

Lighter

Scrubbie

Kitchen Pack Towel

Campsuds

Olive Oil

Salt

Pepper

Bottles

2 Bottles

Nipple Brush

Formula

Sleeping

2 [Tents](#)

3 Sleeping Bags

[1 Merino Kids Sleepsack](#)

[4 Sleeping Pads](#)

[3 Headlamps](#)

[4 Thermarest Pillows](#)

[Water Filter](#)

[SteriPen](#)

[4 Water Bottles](#)

[1 Dromedary Bag](#)

Packs

[2 Portage packs](#)

[1 SSC](#)

[Stuff Sacks](#)

Clothing

1 wet, 1 dry Outfit per

Adult

Underwear

Sports Bra

T-shirts

[Zip-Off Pants](#)

[Socks \(2 Pairs\)](#)

Long Sleeved Shirt

Sleep Shorts

Warm Upper

[Rain Jacket](#)

Rain Pants

Warm Hats

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Swimsuits

[Wet Shoes](#)

Dry Shoes

Personal Items

Toothbrush

Toothpaste

Hairbrush

Washcloth

Camp Towels

Canoe

4 PFDs

[Paddles](#)

Bailer

Compass

[Stool](#)

Map

[Map Bag](#)

Car Bag

Clean outfits for all!

Deodorant

First Aid Kit

Tylenol (adult and infant)

Aloe Vera

Blister BandAids

Afterbite

Burn Ointment

Moleskin

Toe Nail Clipper

Tweezer

Betadine

Tegaderm

Gauze Pads

Safety Pin

Ace Bandage