

3rd & 4th Year Backpacking Pack List

Los Altos Stake Young Women Camp 2025

☐ BACKPACK that fits you!

CLOTHING:

- ☐ Short-sleeved shirt
- ☐ Long hiking pants (*NO jeans!*)
- ☐ 1 extra pair of hiking socks
- ☐ Sturdy sport shoes or hiking boots
- ☐ Change of underwear
- ☐ Long sleeve shirt
- ☐ Poncho or rain jacket
- ☐ Jacket/Coat
- ☐ Beanie - a must!
- ☐ Bandana
- ☐ Sunglasses (optional)
- ☐ Swimsuit (optional)
- ☐ Water shoes/old shoes (optional)

PERSONAL HYGIENE (Travel Size):

Toilet Kit in a Ziploc bag:

- ☐ 1 yard of toilet paper (enough for 2 days)
- ☐ Hand sanitizer
- ☐ Tin Foil
- ☐ Sanitary supplies (just in case!)
- ☐ Extra gallon Ziploc bag
- ☐ Sunblock - travel size
- ☐ First aid kit (Band-Aids & Neosporin)
- ☐ Lip balm with SPF - a must!
- ☐ Moleskin & Duct Tape around a pencil
- ☐ Insect repellent - travel size
- ☐ Toothbrush & toothpaste - travel size
- ☐ Kleenex
- ☐ Towelettes - travel size
- ☐ Prescription medication (*tell hike leader*)
- ☐ Hair & hygiene needs (*keep it simple*)
- ☐ Deodorant

BED, SHELTER & NIGHT:

- ☐ Sleeping bag with stuff sack (at least 30°F)
- ☐ Ground cloth and Backpacking tent (Fill in the Backpacking Google form to let your hike leader know what gear you have)
- ☐ Sleeping Pad (EnsoLite, Therm-a-Rest, inflatable)
- ☐ Headlamp or small flashlight & extra batteries

FOOD & EATING UTENSILS:

- ☐ Cup
- ☐ Bowl
- ☐ Fork
- ☐ Spoon
- ☐ **TWO - 1 LITER water bottles**
- ☐ Stuff sack or Ziploc bag with food with your name on it
- ☐ **2 LUNCHES and snacks**

OPTIONAL ITEMS:

- ☐ Mosquito Face Net

****Remember less is more when backpacking. Keep it simple. Keep it light.****

If you have questions about the equipment needed or help to acquire items, please do not wait until camp. We would love to help!

QUESTIONS?

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