



Summer Expedition

Gear List

Below is a list of required gear for our upcoming teen trip. Be aware that most people bring too much gear.

Please try to pack as light as possible while still being prepared.

Proper Clothing:

- 1 - Non-cotton T-Shirt
- 2 - Shorts (Can also double as swim shorts)
- 3 pair - Non-cotton socks
- 3 - Underwear
- 1 - Long Sleeve Shirt
- 1 - Long Pants - preferably zip-off type
- Non-Cotton Long Underwear - top & bottom
- Bathing Suit
- Warm hat - wool or fleece
- Warm jacket or sweater wool or fleece
- Rain jacket (rain pants optional)
- Light camp shoes (also helpful if these secondary shoes can be worn to hike in)
- Broken-in footwear
 - Comfortable sneakers with arch support or hiking boots)
- **Do NOT wear new hiking boots.**

***Please pack as much NON-Cotton as possible
(such as wool or fleece)***

Essential Extra Gear:

- Hiking backpack large enough for gear (and room for some group gear and food)
 - MUST have sternum strap & padded hip belt
- 25' Parachute cord
- Head net - highly recommended and/or bug spray
- Metal or plastic water bottle(s) – 2 quarts total

Camping Gear:

- Sleeping bag
- Sleeping pad
 - Closed-cell foam pad or Therm-a-rest
- Headlamp & extra batteries
- Meal “Mess Kit”- plate & cutlery
- “Tin” cup for hot drinks over the fire

Personal Gear:

- Toothbrush
- Deodorant
- Bandana

If applicable:

- Eyeglasses and/or contact lenses & spare
- Medicine

OPTIONAL Gear:

- Small Journal & Pencil
- Sheath Knife or Locking Blade Knife
- Compass

~ All Electronic Devices are to Stay at Home (watches, cell phones, ipods, gaming devices, etc.) ~

Trip Questions? 207.361.1911 ~ stefan@whitepineprograms.org