



AsburyHills

Expedition Camps Packing List

Provided below is a specialized packing list for campers attending Expedition camps. During one of the weeks of camp, campers will spend several nights camping all while exploring less traveled trails, waterfalls, and swimming holes. They will be carrying most of their belongings, cooking supplies, and food in backpacks. This means packing lightly is very important. Please note this list is different than the general packing list.

- 4 pair hiking clothes; these should be a synthetic shirt (at the very least a 50/50 blend) and shorts
- 2 pair of sleeping clothes (cotton is fine)
- 1 layer piece- fleece/wool jacket or half-zip pullover (makes a good pillow too)
- 1 pair long pants (lightweight, CANNOT be jeans)
- 2 pairs synthetic or wool socks
- 1 pair underwear per day
- Hiking shoes. Shoes MUST be broken in, otherwise you will get blisters. If you have:
 - *Good ankles - bring lightweight trail hiking or running shoes
 - *Weak or questionable ankles - bring a proper hiking boot
- Creek shoes - shoes you can get wet (recommended old tennis shoes)
- Tennis shoes
- Rain gear - a poncho is best (ponchos cover a backpack and are lightweight)
- Swim suit (girls- one piece or tankini, boys-swim trunks)
- A hat is recommended for sun
- Toothbrush and toothpaste
- Small Bible in ziplock bag
- 2 water bottles (1 quart each with secure lid, example: Nalgene)
- Headlamp or flashlight (recommend LED for battery life)
- Whistle
- Insect repellent (deet free)
- Sunscreen (30 spf or higher and waterproof)
- Five 1-gallon size or larger ziplock bags
- 1 luxury item: book, camera, small camping pillow, playing cards, etc.
- Camping backpack. Internal capacity should be around 4000cu. (This can be provided by the camp if necessary.)
- Sleeping pad. A good sleeping pad weighs less than 1 lb.
- Sleeping bag (non-cotton and compressible)
- Bandanna or pack towel
- All medications (both prescription and over-the-counter) in original container, metered for the amount needed at camp, in a ziplock bag.

There will be some days that we will be around camp. You may bring the following items with you for those days. These items will remain at camp.

- 10 sets of extra camp clothes
- Toiletries for arrival back to camp (shampoo, soap, conditioner, etc. We suggest bringing unscented)
- Pillow
- Twin Sheets
- Towel

As with most packing, use your best judgment on the usefulness of the item, all while trying to pack lightly. If you have any questions, feel free to call us at 864.836.3711.

DO NOT BRING!!!

Pets, snacks, firearms or other weapons, fireworks, knives, alcohol, non-prescription or illicit drugs, tobacco of any type, walkie-talkies, AM/FM radios, iPod or other music players, personal sports equipment, and video games are not allowed. Cell phones are not permitted during camp. The camp is not responsible for loss or damage of personal property.