



Asbury Hills

EXPEDITION PACKING LIST

*Please note this is different from the General Packing List. During one of the weeks of camp, campers will spend several nights camping while exploring less traveled trails. Pack lightly!

WHAT TO PACK:

- **SMALL BIBLE IN ZIPLOC BAG**
- **4 PAIR HIKING CLOTHES**
(THESE SHOULD BE A SYNTHETIC SHIRT OR 50/50 BLEND AT THE LEAST & SHORTS)
- **2 PAIR SLEEPING CLOTHES** (COTTON IS FINE)
- **1 LAYER PIECE: FLEECE/WOOL JACKET OR HALF-ZIP**
- **2 PAIRS SYNTHETIC OR WOOL SOCKS**
- **1 PAIR OF UNDIES PER DAY**
- **HIKING SHOES** (SHOES MUST BE BROKEN IN PRIOR TO CAMP, OTHERWISE YOU'LL GET BLISTERS)
 - **GOOD ANKLES:** LIGHTWEIGHT TRAIL HIKING OR RUNNING SHOES
 - **WEAK ANKLES:** PROPER HIKING BOOT
- **CREEK SHOES: SHOES THAT CAN GET WET**
(WE RECOMMEND OLDER TENNIS SHOES OR KEENS: CROCS ARE NOT ALLOWED)
- **TENNIS SHOES**
- **RAIN GEAR: PONCHO IS BEST**
(PONCHOS CAN COVER A BACKPACK & ARE LIGHTWEIGHT)
- **SWIM SUIT** (ONE PIECE, TANKINI OR SWIM TRUNKS)
- **HAT**
- **TOOTHBRUSH & TOOTHPASTE**
- **HEADLAMP OR FLASHLIGHT**

- **WHISTLE**
- **2 WATER BOTTLES** (1 QUART EACH)
(EXAMPLE: NALGENE)
- **BUG SPRAY** (NON-AEROSOL, NON-DEET)
- **SUNSCREEN** (AT LEAST 30SPF & WATERPROOF)
- **5, 1-GALLON ZIPLOCK OR LARGER ZIPLOCK BAGS**
- **CAMPING BACKPACK**
(INTERNAL CAPACITY SHOULD BE AROUND 40-60 L. THIS CAN BE PROVIDED BY THE CAMP IF NECESSARY: QUANTITIES ARE LIMITED)
- **SLEEPING PAD** (A GOOD SLEEPING PAD WEIGHS LESS THAN 1 LB.)
- **SLEEPING BAG** (NON-COTTON & COMPRESSIBLE)
- **BANDANA OR PACK TOWEL**
- **ALL PRESCRIPTION MEDICATIONS**
(IN THE ORIGINAL CONTAINER W/ DOSING INFORMATION)

THERE WILL BE SOME DAYS WE WILL BE AROUND CAMP. YOU MAY BRING THE FOLLOWING ITEMS FOR THOSE DAYS. THESE ITEMS WILL REMAIN AT CAMP:

- **10 SETS OF EXTRA CAMP CLOTHES**
- **PILLOW**
- **TWIN SHEETS**
- **2 TOWELS** (BATH & POOL)
- **BAG OR HAMPER FOR DIRTY CLOTHES**
- **TOILETRIES FOR ARRIVAL BACK TO CAMP**
(SHAMPOO, SOAP, CONDITIONER, DEODORANT, ETC.)

WHAT TO PACK IN:

WHEN PACKING, USE YOUR BEST JUDGMENT ON THE USEFULNESS OF THE ITEMS WHILE TRYING TO PACK LIGHTLY. PACK LIKE YOU WOULD TO TRAVEL IN AN AIRPLANE-- A SUITCASE OR DUFFLE BAG, A CARRYON (BACKPACK!) & A PILLOW. SMALL "TRUNKS" ARE ALSO GREAT PACKING TOOLS. PACKING USING A DUFFLE BAG, SUITCASE, OR TRUNK WILL HELP TREMENDOUSLY WITH STORING YOUR BELONGINGS & WHEN IT IS TIME TO HEAD HOME.

WHAT NOT TO PACK:

PETS, SNACKS, CROC SHOES, CHACO SHOES OR SANDALS THAT ARE OPEN-TOED, FIREARMS OR OTHER WEAPONS, FIREWORKS, KNIVES, ALCOHOL, NON-PRESCRIPTION OR ILLICIT DRUGS, TOBACCO OF ANY TYPE, ANY SORT OF ELECTRONICS (WALKIE-TALKIES, RADIOS, IPADS, IPODS, MUSIC PLAYERS, CELL PHONES, TABLETS, PERSONAL SPORTS EQUIPMENT, OR VIDEO GAMES).

*ASBURY HILLS IS NOT RESPONSIBLE FOR LOSS OR DAMAGE OF PERSONAL PROPERTY.