

## PATHFINDER PACKING LIST

This packing list should prove a useful guide for planning equipment and clothing needs for your Pathfinder. It is a basic list of minimum needs and nothing should be disregarded. Pathfinders can pack their gear in a duffel or trunk for storage at camp while they are on expedition. Please keep in mind that Pathfinding is primarily an outdoor living experience and all equipment should be screened with this in mind. Be sure to clearly mark all items with a permanent pen or label and include this list with your Pathfinder's gear to help ensure that all items are returned. For more information on each of these items, consult the corresponding numbers on the Additional Pathfinder Packing Notes that follow.

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| 1. _____ 2 pairs of loose fit pants (not jeans)                        | 24. _____ 1 pair of tennis shoes             |
| 2. _____ 1 pair of wool/fleece pants*                                  | 25. _____ 1 pair of water shoes              |
| 3. _____ 4 pairs of shorts (durable)                                   | 26. _____ 1 towel (for town night shower!)   |
| 4. _____ 4 short-sleeved shirts (at least 2 synthetic)                 | 27. _____ essential toiletries               |
| 5. _____ 2 long-sleeved shirts   | 28. _____ sunscreen, lip balm, bug repellent |
| 6. _____ 2 pairs of long underwear, top & bottom ( <b>synthetic</b> )* | 29. _____ 1 duffel bag & 1 laundry bag*      |
| 7. _____ 2 sweaters/fleece shirts*                                     | 30. _____ 1 sleeping bag w/stuff sack*       |
| 8. _____ 6 pairs of wool/synthetic socks*                              | 31. _____ 1 camping backpack                 |
| 9. _____ 4 pairs of synthetic sock liners                              | 32. _____ 1 backpack cover*                  |
| 10. _____ 10 pairs of underwear <u>minimum</u>                         | 33. _____ 1 insulated sleeping pad*          |
| 11. _____ 1 swimming suit  | 34. _____ 2 out of 3 of plate/cup/bowl*      |
| 12. _____ 1 pair of sunglasses   | 35. _____ eating utensils*                   |
| 13. _____ 1 lightweight synthetic warm jacket                          | 36. _____ 4 compression straps*              |
| 14. _____ 1 windbreaker or shell                                       | 37. _____ 1 flashlight* or headlamp*         |
| 15. _____ 1 synthetic/down vest  | 38. _____ 1 pocket knife*                    |
| 16. _____ 1 raincoat or poncho*  | 39. _____ 2 water bottles*                   |
| 17. _____ 1 pair of rain pants   | 40. _____ groundcloth                        |
| 18. _____ 1 pair of warm gloves/mittens*                               |  |
| 19. _____ 1 wool hat*  |  |
| 20. _____ 1 hat w/ visor or brim                                       |  |
| 21. _____ 2 bandannas*   |  |
| 22. _____ 1 pair of gaiters*   |  |
| 23. _____ 1 pair of <u>sturdy</u> hiking boots                         |  |

**OPTIONAL, but recommended:**

- \_\_\_\_\_ inexpensive digital camera or disposable camera with film\*
- \_\_\_\_\_ packable musical instrument
- \_\_\_\_\_ stationery/stamps
- \_\_\_\_\_ day pack
- \_\_\_\_\_ books/journal

Pathfinders sleep in their sleeping bags at all times and require no other bedding.

\* These items may be pre-ordered on the enclosed blue PED FORM. By ordering ahead of time we will have the equipment marked and ready for your camper's arrival. This is a service to parents who do not want to spend time looking for these items. We buy quality items at a discount and pass the savings along. Simply indicate any of your needs on the blue PED FORM. (Some items, such as sunscreen, lip balm, etc., are available for purchase during the summer as needed, but not as a pre-order. Consult the PED form or call us with questions.)

## ADDITIONAL PATHFINDER PACKING NOTES

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The numbered items on this sheet correspond to the numbered items on the Pathfinder Packing List.

**REGARDING CLOTHING:** It is important that your camper bring proper clothing to camp this summer—you'll need to prepare for all kinds of weather. Days can be as warm as 85 degrees and nights as cool as 40 degrees all summer long! For socks and long underwear, wool or polypropylene/capilene garments instead of cotton are required. Synthetic materials are able to dry quickly and retain heat in the process. For your camper's safety, we will provide them with clothing appropriate for high alpine backcountry travel if they arrive without it, and we will bill you on the PED form. Please call with any questions you have.

- 1, 2, 3. **Pants and Shorts:** Jeans have no place on the trail, so leave them at home. Instead, bring a few pairs of loose fitting nylon pants suitable for hiking, with at least one pair of warm synthetic pants. Keep our variant climate in mind and supply sufficient amounts of both pants and shorts.
- 4, 5. **Shirts:** Cotton t-shirts are wonderful things, but not when they're wet. It's fine to have a few of them, but also supply a few synthetic t-shirts, long- and short-sleeve.
- 6, 7. **Layers: Long Underwear & Sweaters/Fleece Shirts:** Layering is essential for chilly evenings and cold nights. Keep in mind that COTTON = BAD, WOOL/FLEECE = GOOD. Cotton will only keep your camper warm when dry. When it is wet it actually pulls heat away from the body. Sweat-dampened cotton clothing and temperatures in the 50's can lead to hypothermia! Fleece or wool pants (or other synthetic fabric) combined with the long underwear is usually enough for the bottom half. For the top, two layers of medium and/or heavy fleece over the long underwear are perfect, for example a heavy pullover with a medium weight vest, or a medium-weight pullover with a heavier pullover or jacket on top.
- 8, 9. **Socks:** Wool or heavy synthetic socks, or wool/synthetic blend socks should be worn with hiking boots. At least six pairs of these socks should be sent. We also recommend lightweight synthetic sock liners that help prevent blisters in combination with wool socks. Cotton socks are more likely to cause blisters and will not keep the feet warm when wet, though they are sufficient for non-hiking use (such as around the campsite or on town night).
10. **Underwear:** Since laundry is done only at drops, make sure underwear is available in abundance.
11. **Swimming Suit:** A swimsuit is necessary for dips in alpine lakes or desert oases that you may discover along the way. However, campers may wish to substitute clothing that is more all-purpose, such as a pair of running shorts or an appropriate tank top.
12. **Sunglasses:** Sunglasses, in combination with a visored hat, protect young eyes from the harsh sun, especially near water or snow.
- 13, 14, 15. **Jackets and Vests:** We recommend a lightweight warm jacket (for super cold nights) and a light windbreaker or shell (to top off layered outfits), as well as a vest to warm up your core.
- 16, 17. **Raingear:** Rain gear is essential on every trip, even in the desert. Rain gear should be sufficient to keep the camper and backpack dry. Rain pants are essential to help keep the bottom half dry. Plan on one of the following combinations: rain coat, rain pants and backpack cover or poncho, rain pants and backpack cover.  
A word on waterproof fabrics: Please avoid plastic ponchos! They do not last! Treated nylon ponchos are a bit more expensive but are much more durable than plastic. Treated fabric or rubber rain gear is excellent as a waterproof layer, but does not "breathe" like some of the new high-tech materials, meaning it will keep more heat and moisture inside—not a big problem. Gore-tex and other similar fabrics are waterproof and do "breathe".
- 18, 19, 20. **Hats and Gloves:** At least one warm hat and pair of gloves are needed for cold nights. Some sort of hat with a visor is also great for super-sunny days, especially those near snow or water.

21. **Bandanas:** The ultimate all-purpose item—great for making a fashion statement or cleaning out your dishes after eating (though not with the same one...).
22. **Gaiters:** A wide variety of gaiters are available, from treated nylon to more expensive Gore-tex. Keep in mind that their purpose is to keep snow and rocks out of boots and to prevent legs from being constantly scratched by brush. Some campers utilize gaiters more than others—this item is optional.

23. **Hiking Boots:** Hiking boots that are well broken in are essential to the Pathfinding experience, perhaps the most important item on this list. Look for durable boots with a lugged sole, ankle support, and footbed support. For Pathfinders, we recommend midrange, all leather (or leather and Gore-Tex) boots because they will be worn everyday. They will end up being the most comfortable and will provide a Pathfinder's feet with the most protection. Examples for this type of boot are the Vasque Sundowner or Asolo 520. Although we do not endorse these specific boots, we recommend them as a guide to you and your salesperson in purchasing boots. A good salesperson should be able to equip you well if you describe what your camper will be doing in his/her boots. Breaking in boots is essential to comfort throughout your camper's term. Uncomfortable boots on the first trip may cause injuries that can last throughout the term.

**HELP WIPE OUT BLISTERS – WEAR YOUR BOOTS TODAY!**

Boots to avoid: The cheaper all-fabric boots simply are not sturdy enough for extended hiking. All-terrain or trail running sneakers are insufficient for the amount of hiking and backpacking Pathfinders do during the term. They will be uncomfortable and can cause injury.

- 24, 25. **Tennis & Water Shoes:** After a long day on the trail, hiking boots and campers' feet need some time to air out. Tennis shoes or light hikers that are comfortable and can get dirty are great for use around the campsite. We also recommend a pair of some sort of water shoes (sandals that stay on: Tevas, Crocs, Chacos, Keens, etc.) for river crossing or splashing around in alpine lakes.
26. **Towel:** While showers won't be a daily occurrence on the trail, a towel is quite a luxury for the end of the term shower before town night.
27. **Toiletries:** Pack essential toiletries—toothpaste and toothbrush, as well as shampoo, conditioner, soap, for the end of the term. Due to our rustic setting, hairspray, makeup, and perfume aren't recommended. Any medically oriented items (ibuprofen, aloe, itch cream, etc.) will be supplied by the camp first aid kit.
28. **Sunscreen, Lip Balm, Bug Repellent:** A good supply of sunscreen and lip balm is necessary to keep campers happy and healthy in our sunny, dry climate. Bug repellent can definitely come in handy on trips to (often buggy) alpine lakes. These can be replenished, along with other disposable items, during Pathfinding drops at our traveling Pathfinder store.
29. **Duffle Bag & Laundry Bag:** Pathfinders need to have a "drop bag", a bag that can be brought to them during drops so that they can access things they do not carry with them. Any closeable duffle bag will do nicely, but we don't recommend trunks for this purpose—they are cumbersome. Also please don't use plastic trash bags as drop bags—they don't hold up too well. Pathfinders will need a laundry bag as well for laundry collection at drops.

30. **Sleeping Bag and Stuff Sack:** Bags are an essential part of your camper's summer and must be durable and easy to transport and care for. Bags must be of high-quality construction with a minimum warmth factor of 0 degrees. We recommend synthetic sleeping bags, as opposed to down. While down-filled bags tend to be lighter and pack smaller than synthetic, they will not keep your camper warm when wet. CSC rental bags are mummy-style bags filled with "Hollofill II", weighing a little over four pounds, and they have a warmth factor of 0 degrees. Through special ordering, we are also able to offer these bags for purchase at a substantial savings. We don't promote or sell these bags other than as a service to our camp families. If you do buy a sleeping bag, it certainly doesn't hurt to buy it big for the growing camper.

**31. Camping Backpack:** All Pathfinders will need a full size backpack for trips. As packs are expensive and not every child needs to own one, we have internal frame packs available for rental. While it is not always possible to find the perfect fit because of the wide variety in camper size, we can set your camper up with a pack that will work well. However, if your child plans on using a backpack in the future, it can be a good investment to buy a backpack, and will be more comfortable, having been fit to your camper. External or internal frame packs are suitable for our program. These packs should be of good quality construction and capable of carrying 1/3 of the Pathfinder's weight (or 45-50 pounds). Most packs from reputable companies will last many years. Any personal packs under consideration for use in the Pathfinding program should be tried out before camp. Pack it with 1/3 of your camper's weight and take a hike. Packs too large or small can be painful and possibly cause injury.

**IMPORTANT:** A desire to rent or purchase a sleeping bag or backpack should be indicated on the PED FORM (BLUE) and should be forwarded to us as soon as possible to ensure availability.

**32. Backpack Cover:** A pack cover is a mandatory item for those lovely days of hiking in the rain or sleeping through a storm. Make sure that it fits the camper's pack well.

**33. Sleeping Pad:** Sleeping in a bag directly on the cold ground makes for a cold, uncomfortable, and unhappy camper. Several different types of sleeping pads are available. Inflatable Therma-rest type pads are efficient and compact, though more expensive and useless when punctured. Z-Rest or Ridge-Rest type foam pads are a good mid-size, mid-level purchase. Smooth foam pads do the job inexpensively but aren't extremely durable. Choose a sleeping pad that fits your needs.

**34, 35. Cookware:** Campers need the bare essentials of dishware—a set of utensils and two out of the three (plate, bowl, cup). Choose cookware that is durable, light, and compact.

**36. Compression Straps:** These nylon straps are necessary for strapping sleeping pads or bags onto a backpack and great to have around as a multi-use tool.

**37, 38. Flashlight/Headlamp & Pocket Knife:** Two necessary tools for the Pathfinding experience.

**39. Water Bottles:** Due to our high elevation, dry climate, and frequent activity, we require our campers to constantly have a water bottle with them. Any type of durable, screw-top bottle of at least a liter in size is sufficient for camp use and backpacking, we recommend a Nalgene water bottle. Make sure your camper has at least two bottles so that one can always be full of cool, clear mountain water. Camelbak and Platypus make excellent bladder-type hydration systems that encourage gradual consumption of water throughout the day. However, if you choose to purchase one of these items, make sure that your camper has at least two water bottles in addition to the bladder for reasons of water purification.

**40. Groundcloth:** A groundcloth is essential for staying warm and dry at night, and also extends the life of your sleeping pad and bag. While commercial options are available, an extra poncho can work quite nicely in its stead.

**FINALLY, IF YOU HAVE ANY QUESTIONS REGARDING EQUIPMENT, EITHER OURS OR SOMETHING YOU ARE BUYING AT HOME, DON'T HESITATE TO CALL!**