

Expeditions Staff Packing List

This should give you a pretty good idea of what you need to bring to camp in terms of clothing/gear/etc. Everything that is listed below is what returning staff have chosen to emphasize for a summer at Expeditions. Space is limited so plan on wearing a lot of the same things (i.e. backpacking for days at a time), and with the option to do laundry roughly 2-3 times a month, there is no need to bring everything you own.



Training

All Expedition programs will meet in Colorado for training. Please keep in mind when packing that it can still be pretty chilly outside in May. Pack plenty of warm layers, including warm items that you can either wear in the water for paddling training or can layer to quickly get warm when you get out of the water. Paddling training WILL BE cold due to the time of year it has to occur.

CLOTHING

- T-Shirts - Mix of athletic/synthetic/wool shirts and a few cotton shirts
 - NOTE: For good sun protection, we don't wear tank tops while on trips. You can certainly bring a few to wear on days off if you would like.
- Shorts and Pants - Athletic shorts, hiking pants, fleece/sweatpants, leggings, a pair of jeans, etc.
- Long sleeves/light jacket/flannels
- Fleece or other mid-weight layers
- Down coat/synthetic puffy - Colorado evenings can be chilly, especially out on the trail!
- Rain Jacket and Pants
- Swimsuit and clothes that can get wet!
 - NOTE: We are required to wear clothing over our swimwear, so think synthetic shorts & t-shirt, etc. For ladies, your swimsuit must be a one-piece
- Lots of underwear/socks (regular and hiking socks)
- Sunglasses
- Brimmed Hat
- Winter Hat
- Light Gloves
- A few "day off" clothing items
- OPTIONAL BUT ENCOURAGED! - Bring costumes, funky clothing, wigs, crazy outfits, etc.
 - This will come in handy and will make your camp experiences all the more exciting!

FOOTWEAR

- Hiking Boots
 - NOTE: Remember to break these in before camp! Ones with ankle support are ideal (waterproof vs. non-waterproof is a personal preference and up to you)
- Tennis Shoes/Trail Runners - Good for smaller hikes, time around camp, etc.
- CLOSED TOE Water Shoes/Sandals - Think Keens, Crocs, etc.
 - At Avid4 we only wear closed-toe shoes while working to prevent foot injuries. This includes our water activities, so make sure you bring shoes that can get wet.
- Day Off Shoes (sandals, Chacos, whatever) - These can be open-toed!

TOILETRIES/MISC.

- Toothbrush/Toothpaste
- Sunscreen and Bug Spray
- Shampoo/conditioner/soap/facewash etc.
- Shower bag/shower caddy (encouraged to prevent hygiene products from touching shared surfaces)
- Brush/Comb
- Deodorant
- Personal Hand Sanitizer
- Any other personal hygiene items (tampons, shaving necessities, etc.)

GEAR

- Backpacking Backpack - Around 45-50L or larger will work great (**Backpacking Specialists only**)
- Daypack - Make sure your daypack is a good size as you will be carrying essential items for your group (med kit, snacks, hand sanitizer, etc.). A traditional school-sized backpack is a good reference for when looking at appropriate sizes.
- Sleeping Bag and Sleeping Pad
- Headlamp with extra batteries

While on Expedition, you will be provided with everything you need to make the experience great for the campers (stoves, tents, cookware, etc.). Think about what you would bring on your own trips (bandanas, Ziplocs, crazy creek chair, whatever else you consider to be your essentials) and pack those! The happier you are on the trip, the happier the kids will be!

OTHER ESSENTIALS:

- **Masks** - We are requiring that all campers bring their own masks. We ask that you please bring at least **3-4** masks to encourage positive hygiene habits.
 - **TYPE OF MASK:**
 - Masks must be 2-ply
 - No buffs, gaiters, or bandanas
 - Masks must cover the nose and mouth
 - Masks should be clean and fit snugly
- A Watch - It is extremely important that as staff we get our groups to where they need to be and show up for meetings and activities on time. Get a good watch and one you like because it will become your new best friend.
- 2-3 Water Bottles
- Journal/notebook, pens/pencils
- 2-3 towels (shower and for water activities)

OPTIONAL ITEMS:

- Gaiters
- Extra duffel bag - one goes on Expedition with you and one keeps your day off items so you don't need to bring them with you. ** Please note that space to leave items while on expedition is limited. We will have space for you to store one 1 duffel bag of personal items at our facility (warehouse, shipping container, etc.) while on Expedition.
- Books
- Aux Cord/phone charger for vans when out on expedition
- Playing Cards
- Totes, Boxes, Bags for organization and moving items

OH NO! I FORGOT SOMETHING/IT DOESN'T FIT IN MY BAG!

No worries! We encourage you to bring as much on the packing list with you as possible. If you need to restock on items during the summer, you can go to the store on your days off!

DISCLAIMER

Life at camp is hard on your gear. We recommend that you do not bring items of extreme value, that you care immensely if they get lost/damaged, or any clothing/gear that you don't want to get dirty. The key is being comfortable and having gear and other essentials that are functional and practical. If you have any specific questions regarding packing and/or gear, please do not hesitate to reach out to your Director or your mentor.