

What to bring on Sawtooth Adventure Backpacking Trip

- If you are borrowing some equipment from camp, please be sure to arrange this with the dean so we can make sure we have adequate equipment for all campers.
- Remember we will be at Sawtooth Camp for 3 nights and backpacking for 3 nights. Bring an extra set of clothes so you will have something clean once we get back to sawtooth camp.
- Backpack - This should be an internal or external frame pack that fits you and is large enough to carry food, sleeping bag, clothes and miscellaneous gear. If you do not have a backpack the camp has packs to borrow for a limited number of campers.
- Clothing - If possible, clothing should be lightweight and preferably not made of cotton as once cotton is wet it stays wet and cold. If you have polypropylene or wool clothes that is best. Consider that we might encounter everything from hot, sunny days to cold nights and possibly rain. Layers are good as opposed to heavy insulated clothes so you can adjust for the conditions.
- Sleeping gear - Remember nights can be cold so make sure you have an adequate sleeping bag that will keep you warm. Tents should be rainproof and also bug proof. A lightweight sleeping pad. The camp does have a limited supply of tents and sleeping bags and pads and we will share tents so you do not need to purchase one if you don't have it.
- Footwear - We will be going through some rocky, steep country. Hiking boots or shoes should be sturdy with a good sole. If you are using new footwear, try to wear it a bit at home or on a couple of hikes to break it in a bit to help prevent blisters.
- Weight - Remember everything you bring on the backpacking trip you will need to carry. Therefore, try to think about the weight of your things as you are packing. Try to bring only what you will use when it comes to things like toothpaste or sunscreen.



The following is a list of items each camper should have.

- Backpack
- Tent
- Sleeping bag
- Sleeping pad
- Ground cloth (plastic poncho is fine)
- Clothing
- Sun hat (baseball cap etc)
- Stocking cap
- T-shirts x 3
- Fleece shirt or sweatshirt
- Warm jacket
- Poncho (cheap plastic backpack poncho is fine)
- Long underwear (for cold and sleeping)
- Underwear
- Hiking pants and an extra pair of pants for camp

- Shorts
- Socks - 2 pairs of wool socks
- Water shoes (sandals or such and not flip-flops)
- Shoes or boots (see note above)

Miscellaneous

- Sunglasses
- Headlamp (preferred) or flashlight
- Bug spray
- Sunscreen
- Chapstick with sunscreen
- Book
- Toothbrush and toothpaste
- Soap, shampoo
- Personal hygienic items
- Towel
- Kitchen things
- Water bottle - minimum of one liter of water storage
- Cup or mug
- Bowl/plate
- Fork and spoon

Optional Items

- Camera
- Fishing pole
- NO ELECTRONICS