



Hiking Backpack

A 60-70 Liter hiking backpack with a frame (internal or external) and adjustable waist straps should fit everything you need for overnight camping trips. (campers can use a smaller 40L backpack).



Sleeping Bag

Synthetic fill is recommended. Down or cotton bags are harder to care for and not useful if wet. The sleeping bag should fit into a stuff sack about the size of a watermelon or smaller. A temperature rating down to 30-40 degrees will be warm enough for summer nights.



Extra Clothes

Bringing a second set of clothes is smart in case you get wet or dirty, so you have something dry to change into. Synthetic fabric or wool will help you stay warm even if you get wet, and having a light fleece pullover can keep you comfortable if the morning or evening gets chilly. Don't forget socks and underwear!



Raingear

It can be rainy in Western NC, so a rain jacket is a must on any trip. Rain pants are not necessary, but can be nice to have. Avoid plastic ponchos which are easily torn when walking in the woods. A good rain jacket should repel water and preferably have a hood.



Toothbrush

Don't forget your toothbrush and toothpaste! Clean teeth are still important in the woods - we supply you with a first aid kit as you head out, but be sure to pack any toiletries you might need, like contacts/glasses.



Headlamp

Headlamps are a great flashlight alternative because they keep your hands free while allowing you to see in the dark at the campsite. Don't forget to make sure the batteries are charged before you head out!



Waterbottles

Having 2 full waterbottles before you head out on your overnight is a must to ensure you'll have enough to drink. Nalgene bottles with a screw top lid will keep water from leaking when transported. Aim to have at least two liters of water with you.



Sleeping Pad

Sleeping pads aren't just for helping you stay comfortable, they also keep you insulated from the ground, ensuring you stay warm and comfortable all night. Some are made of foam material that you can roll up or fold, while others fill with air when used, and then deflate for packing



Supportive Shoes

While you don't necessarily need hiking boots, you will need supportive closed-toe athletic shoes that can be laced up to fit your feet securely, and keep you protected on rough terrain.

Watch the "What's In My Backpack" video on our YouTube page: <https://youtu.be/oGPx94NBbms>

Feel free to reach out for clarification or further recommendations! You can email Will Wilson (Outdoor Adventure Director) at will@fallingcreek.com

You can see more packing tips at fallingcreek.com/parents/what-to-bring-to-camp