

Leadership Expedition Packing List

- ☐ 1 trunk or duffle bag for transport and storage
- ☐ 1 backpack – at least 4,000 cubic inches. ***Can rent from GRP. See details below.*
- ☐ 1 small day pack – book bag size or a day pack with included water bladder
- ☐ 1 sleeping bag with stuff sack – rated to 40°F
- ☐ 1 sleeping pad – (Thermarest is one name brand) *** Can rent from GRP. See details below.*
- ☐ 2-3 water bottles, 32oz (Nalgene, Klean Kanteen, Camelback)
- ☐ Toiletry items, including:
 - ☐ toothbrush
 - ☐ toothpaste
 - ☐ travel-size shampoo/conditioner
 - ☐ biodegradable soap
 - ☐ deodorant – antiperspirant is not advised because it clogs pores.
- ☐ 1 headlamp or small flashlight with extra batteries
- ☐ 1 pocketknife – 2.5 to 3.5 inch high-carbon steel, non-serrated, locking blade. No Swiss Army Knives.
- ☐ 1 plastic whistle
- ☐ Mess kit including bowl, cup, spoon & fork, or spork
- ☐ 3 towels – one of the towels should be a quick drying pack towel
- ☐ Sunscreen
- ☐ Bug spray – look for natural, non-DEET, non-aerosol
- ☐ 1 pair of broken-in hiking boots
- ☐ 1 pair of tennis shoes – can be old
- ☐ 1 pair of water shoes or sandals, with straps. No Velcro.
- ☐ 2 swimsuits – one-piece or tankini recommended
- ☐ 5 pairs of shorts – at least 2 pairs that are quick dry material
- ☐ 2 pairs of long pants – at least one pair that is quick dry; can be zip-off
- ☐ 2 long sleeve shirts – at least one that is quick dry material
- ☐ 7 short sleeve shirts – at least 2 that are quick dry material
- ☐ 8-10 pairs of underwear – synthetic material is best
- ☐ 3 pairs of cotton socks
- ☐ 5 pairs of wool or non-cotton hiking socks
- ☐ 2 pairs of synthetic sock liners – *recommended if prone to blisters*
- ☐ 1 set of non-cotton long underwear
- ☐ 1 fleece jacket or sweater

- ☐ 1 warm wool or fleece hat
- ☐ 2 bandanas
- ☐ 1 rain suit – jacket and pants
- ☐ Extra zip-locks and garbage bags – trash compactor or contractor bags are best
- ☐ Camera – *optional*
- ☐ Journal notebook with pen or pencil in zip-lock bag
- ☐ Reading book
- ☐ 2 pairs sturdy work pants
- ☐ 1 pair leather work gloves
- ☐ 1 set of sheets, including pillow and blanket
- ☐ 1 labeled laundry bag

****BACKPACKS CAN BE RENTED FOR \$25 and SLEEPING PADS FOR \$10
IF RESERVED IN ADVANCE. Please email anne@greenriverpreserve.org**