

Leadership Expedition Packing List

Laundry will be done weekly. Labeling ALL of your belongings is highly encouraged.

WELCOME to Green River Preserve Expeditions! We look forward to having you with us this summer as a member of our Leadership In Training Expedition team! This list will help you decide what to bring with you on your Expedition. Please remember to stick to the packing list and avoid unnecessary items.

Having the correct clothing and gear is vital to the success (and morale) of your Expeditioner. It is also important to make sure you have packed enough. We understand that these requirements come with a significant price tag in some cases. We recommend using any of these items you might already own or borrowing from a family member to reduce the need to purchase. For items you need to purchase, your local outdoor shop is a great place to start! REI can be a good option as they have a helpful staff, nice return policy, and the option for a membership which pays dividends on most purchased items. Walmart has a growing inventory of acceptable gear, such as water bottles, headlamps, etc.

Ordering from online retailers can also help to keep the cost down. [Sierra Trading Post](#), [Backcountry](#), and [The Clymb](#) are common sources that have discounts and sales regularly. [Ebay](#) can be helpful when you have settled on a particular item and want to look for cheaper or used sources.

Have any questions about the items you see or don't see on our list? We try to keep superfluous items to a minimum as we stay very active and engaged while at GRP. That being said, if there is something missing that you find necessary to the success of your Leadership In Training Expedition (like a musical instrument), let's talk about it!

****BACKPACKS CAN BE RENTED FOR \$25 and SLEEPING PADS FOR \$10
IF RESERVED IN ADVANCE. Please email jace@greenriverpreserve.org for reservations
or any and all questions. Happy packing!**

- ☐ 1 trunk or duffle bag for transport and storage (hard cases like trunks are helpful and offer more ability to organize what is inside)
- ☐ 1 backpack – at least 4,000 cubic inches (65 liter). ***Can rent from GRP. See details below***
- ☐ 1 small day pack – something sized like a bookbag that can fit a water bottle, rain jacket, plus a little more
- ☐ 1 set of sheets, including pillow and blanket (LIT's sleep on cots in a canvas tent)
- ☐ 1 sleeping bag with stuff sack – rated to 40°F (for use on backpacking trip)
- ☐ 1 sleeping pad – (Inflatable pads tend to be more supportive/comfortable, but run the risk of popping/leaking air. A repair kit is highly encouraged if you go with an inflatable option. Closed-cell foam pads will never pop!)****Can rent from GRP. See details below.*
- ☐ 2-3 water bottles, 32oz (1 Liter) (Nalgene is a favorite brand that is simple and lightweight, though many others exist. Heavy, insulated options are not recommended as the only option, they add a considerable amount of weight for backpacking, but are nice for Base Camp.)
- ☐ Toiletry items, including:
 - ☐ toothbrush
 - ☐ toothpaste
 - ☐ travel-size shampoo/conditioner
 - ☐ biodegradable soap
 - ☐ deodorant
- ☐ 1 headlamp with extra batteries. This needs to be a hands-free option!
- ☐ 1 pocketknife – 2.5 to 3.5 inch high-carbon steel, non-serrated, locking blade. No Swiss Army Knives, please, as they generally do not offer a locking blade.
- ☐ Mess kit including bowl, cup, spoon & fork, or spork. Try to consider something that can pack easily.
- ☐ 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 (We recommend a stiff sole and ankle support. If buying new, make sure to break them in for SEVERAL WEEKS before arriving at GRP! This will help reduce the chance of blisters)
- ☐ 1 pair of tennis shoes – can be old
- ☐ 1 pair of water shoes. These need to be secure to the foot, ideally with closed toes for protection.
- ☐ 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 1 that is 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 for larger items and waterproofing the backpack
- ☐ Journal notebook with pen or pencil in zip-lock bag
- ☐ Reading book
- ☐ 1 pair sturdy work pants
- ☐ 1 pair leather work gloves
- ☐ 1 labeled laundry bag
- ☐ 2-3 Masks
- ☐ 2 COVID Rapid Test
- ☐ Hand sanitizer
- ☐ Camera – *optional*