

Camping Trip Packing List for North Manitou Island weekend

Clothing (cotton poorly manages moisture and temperature regulation; avoid it when possible)

- Underwear – 2-3 pairs
- Socks – wool/synthetic – 2 pairs
- Pants (quick-drying synthetic fabric are recommended, zip-offs are nice): 1 pair
- Shorts (quick-drying, non-cotton recommended): 1 pair
- T-shirts (quick-drying, non-cotton such as Capilene is recommended): 2 of your favorites
- One Fleece sweater/ jacket (synthetic fleece such as Capilene or Polartec):
- One Rain jacket (waterproof)
- One Hat with brim (for shade)
- Knit hat (warmth in the evening)
- Bathing suit (modest, functional)
- Hiking shoes (sturdy sole with traction)
- Camp shoes (comfortable, closed toe shoe for wearing around camp)
- Flip flops (optional, mostly for the car ride)

Sundries

- Bug spray, sunscreen (both important)
- Toothbrush/toothpaste/dental floss
- Basic things you choose to bring (hairbrush, etc.)
- Prescription medications (must be included on medical form or, if more recent, disclosed to leaders)

Miscellaneous

- Backpack – bigger than your school backpack – we will have some available for rental as needed
- Towel (quick-drying camp towel is nice)
- Water bottle(s) (Camelbak or Nalgene type reusable bottle(s))
- Flashlight/Headlamp
- Sleeping bag (down or synthetic, 20-30 degree rating) and pillow
- Sleeping pad (Thermarest style foam or inflatable pad)
- Pocket knife or multi-tool (limit 1)—, blade less than 4"; must be used appropriately
- Sunglasses
- A good book

Electronics:

- Optional cell phone: you don't carry it with you, but you get it at designated times to make calls home.
- Camera: you're free to take pictures, but not inside tents or bathrooms
- DS, iPod, etc. No need to bring them. We will just put them in a box and give them back to you when you get home.