

OJA PACKING GUIDE

This list was developed to serve as a guide when packing your child's belongings for OJA. Your child will be at camp for the first 1-2 days, in the field for over two weeks, and back at camp for the last 3-4 days.

Please mark each item with your child's full name as many campers often bring the same items to camp. We recommend using name tapes or a laundry marker. Be sure to label every item!

Trip Specific Items

Clothing- PLEASE NO COTTON, WOOL AND SYNTHETIC ONLY!

- ☐ **5-7 pairs of socks-** at least 5 wool or synthetic for hiking
- ☐ **7 set of underwear**
- ☐ **3-4 T-shirts -** Not cotton
- ☐ **Long sleeve shirt**
- ☐ **2 pair of pants-** Should be comfortable to hike in (not jeans or sweats - zip off trekking pants are nice)
- ☐ **2 pair of shorts** (again zip off trekking pants are nice as it's 2 for 1)
- ☐ **Swimsuit**
- ☐ **Mid-weight fleece or soft shell jacket + One "Puffy"**
- ☐ **Pair of light to mid-weight long underwear-**not cotton
- ☐ **Set of waterproof pants and jacket-** for rain and wind protection
- ☐ **Warm hat-** like a beanie
- ☐ **Warm gloves or mitts**
- ☐ **Comfortable loose-fitting camp shoes-** used for watersports (waterproof sandals, Teva's, chacos, aqua socks, etc.)
- ☐ **Waterproof Hiking boots-**This is one of the most **IMPORTANT** pieces of gear and the one that is often done incorrectly. Make sure they are comfortable and worn in! It is recommended that you walk 50 miles to break in boots before the trip and this is a great opportunity for your teen to get some hiking practice before the trip!)
- ☐ **Pair of Sneakers**

Equipment

- ☐ **Backpack-** Internal or External frame, whichever is most comfortable. Should be approximately 4000 cubic inches with waterproof cover. Fully adjustable shoulder straps and padded hip belt. All straps and zippers should be in good condition. (Many outdoor adventure stores like REI will help you measure and adjust your backpack so that it fits correctly. Also check to see if they sell used bags from their rental program)
- ☐ **Day backpack-** A bookbag or similar is fine, just make sure it's comfortable for long walks
- ☐ **Sleeping bag-** Synthetic or waterproof down, compressible, and rated to 20 degrees
- ☐ **Sleeping pad**
- ☐ **3 water bottles** (3 - 1 liter Nalgene type or 2 liter bladder system and 1 liter Nalgene, not hydroflask because of weight)
- ☐ **Lightweight mess kit** (bowl, mug, silverware)

Other Items

- ☐ **Mosquito repellent**-non aerosol
- ☐ **Flashlight or headlamp with extra batteries**- headlamps are MUCH more convenient
- ☐ **2 Towels**- quick dry - one large for bathing, one small for cleaning
- ☐ **Sunglasses**
- ☐ **A journal and pen**
- ☐ **Sun hat or baseball cap**- For heat protection
- ☐ **2 bandanas**

☐ **Biodegradable Soap**

☐ **Toiletries**

Optional

- **A good book (or two)**
- **Camera / Binoculars**
- **Trekking Poles**
- **2 pairs of liner socks** (i.e. polypro, capilene or silk, **not cotton**)

Please note that BB Camp will supply all group gear, but that participants will be asked to carry group gear on backpacking excursions. Roll clothing when packing and ensure room to carry other gear on peripheral straps.

The weather can be incredibly variable. Please be prepared for temperatures above 80 degrees during the day and below 40 degrees at night. Be prepared for rain, sun, and snow. Please bring non-cotton based clothes—although breathable, cotton maintains moisture. Synthetic fabrics, such as polypropylene, and wool are preferred.