

**Chimney Corners Camp**

 **2016 Aide Hiking Trip - Packing List**

The following is a list of **essential trail equipment** for your **3 Day hiking and camping trip** as an Aide this summer. Please use the recommended packing list in the **Summer Guide** for all clothing, equipment and gear for **in camp** use.

Many of these items can be purchased from outdoor specialty stores such as Recreational Equipment Incorporated (www.rei.com), Eastern Mountain Sports ([www.ems.com](http://www.ems.com)), Campmor ([www.campmor.com](http://www.campmor.com)) or Dick’s Sporting Goods ([www.dickssportinggoods.com](http://www.dickssportinggoods.com))

* **Backpack** – You must be able to carry all of your gear on the trail. We recommend an internal frame pack with a minimum volume of 3,000 cubic inches. *If you need to purchase or borrow – make sure the pack you use is appropriate fit for your height and body type. There are packs made specifically for women. Consult staff at EMS, REI or other hiking specialty store if needed.*
* **Lash Straps** (2-4) – To secure gear on the outside of your pack
* **Sleeping Bag** – Your sleeping bag should be 3 season, synthetic bag rated to 45 degrees or lower.
	+ **Compression Bag** – Nylon Compression Bag that can compress your sleeping bag down to a packable size.
* **Sleeping Pad** – Foam or “Therm-A-Rest” inflatable pad is fine.
* **Water Bottles** (2) – Nalgene style (32 oz) preferred. These are essential!
* **Synthetic Shirts (3)** – Polypro or teckwick style shirts. The less cotton the better (this goes for sweatshirts/hoodies as they are big and bulky and take up space). Make sure at least one is a long sleeve shirt. (Fleece is great for warmth, soccer jerseys or athletic shirts are also great alternatives to cotton shirts.)
* **Hiking Boots (1 pair)–** ESSENTIAL! Midweight and waterproof. Make sure they are broken in before summer.
* **Sandals (1 pair)** -Flip flops, crocs or teva styles (best if they have straps so they don’t get lost wading in the water).
* **Hat** – Sun or baseball style hat.
* **Sports Bras (2)**
* **Hiking Socks (2-3 prs.)** –synthetic hiking or wool socks
* **Waterproof Rain Jacket or Shell with Hood** – We will be out the trail rain or shine.
* **Travel Towel and Washcloth –** Bring a towel that will dry quickly.
* **Watch**
* **Headlamp of Flashlight –** Compact with extra batteries. This is your nightlight
* **Bandanas (1-2)**
* **Bug Repellent or Mosquito Net**

***Group equipment such as tents, stoves, fuel and pots will be provided by camp***