

2025 Outdoor Skills and Adventure Camp

Packing List

Shoes - Having comfortable footwear that fits and protects is vital to your enjoyment in the outdoors. Make sure that you bring several types of sturdy shoes! We get a lot of rain in the summer and it's important to be prepared with dry shoes!

- Sturdy Walking or Running Shoes
- Hiking Boots or very sturdy walking shoes (should have ankle support, be well broken in, and water resistant. Break in your boots by wearing daily for several weeks before camp if possible)
- Water shoes to wear in streams and/or rivers, must be secure on feet – no flip flops!

Clothing - Having comfortable clothes for a variety of outdoor environments and temperatures is a great way to set yourself up for success at Outdoor Skills and Adventure Camp.

Material: When possible, we recommend clothes that are either a blend of materials or are not 100% cotton. Cotton is heavier, can be uncomfortable when wet from rain, water, or sweat, and does not dry as fast. Additionally, cotton can draw out body heat when wet, causing the wearer to feel colder. Clothing created from other materials may also be lighter, more comfortable when you're hiking and sweating, and will likely dry much faster.

- Raincoat, rain suit, or poncho
- Windbreaker or light jacket
- Sweater or Sweatshirt (2+)
- Sleep wear
- Short-sleeve and long-sleeve shirts (lots)
- Shorts and Long pants (lots)
- Swimsuit (2-3; one-piece recommended where applicable)
- Socks (having at least 2 pairs of thicker, wool socks for hiking recommended)
- Underwear (14)
- Hat or Bandana
- Sunglasses

Bedding and Towels

Outside Sleeping: As part of the OSA experience, campers will be sleeping outside during much of their 2-week experience. Please be prepared to bring comfortable, warm materials for sleeping outdoors on a variety of surfaces.

- Sleeping Bag with stuff-sack (Required for Senior High OSA campers)
 - Intermediate OSA Campers may bring a sleeping bag or 2 blankets
 - Twin sheets and pillowcase are optional

- Towels (3)
- Washcloths (3)

Personal Items/Toiletries

- Toothbrush and Toothpaste (recommend small travel size for Senior High OSA)
- Comb or Brush
- Shower Soap
- Lotion (recommend non-scented lotion to reduce attracting wildlife)
- Shampoo
- Deodorant
- Sunscreen (recommend SPF 30+)
- Lip Balm (recommend lip balm/chapstick with sun protection)
- Feminine Products (as needed)

Gear (Highly Recommended)

- Headlamp (with rechargeable batteries, or extra batteries)
- Day Pack (light pack with shoulder straps for day hiking)
- Large Overnight Hiking Backpack (optional - MountainCamp can provide large hiking packs to campers in need.)
- Laundry Bag (closeable)
- Watch (non-smart watch, should not be able to connect to the internet)
- Refillable Water Bottle (32 oz recommended, larger also welcome)
- Lightweight stuff sacks or dry sacks (for clothing and other items while backpacking)
- Travel/Camping pillow (optional)

Optional Gear Items

Note: We understand the ability to purchase large amounts of gear may be infeasible for some families. Any campers without the necessary gear from this list may borrow items from our inventory for the use of the OSA program.

- Backpacking Pack (recommended at least 60L)
- Sleeping Pad (comfortable foam mat that can be rolled or folded or inflatable mat with no air leaks - MountainCamp can provide if needed)
- Ziploc bags for keeping personal items dry in backpacks (quart or gallon)

Optional Personal Items

- Camera (with batteries or charger)
- Games, cards, etc. (Non-electronic games ONLY)
- Books (including inspirational readings, etc.)
- Journal or Composition Notebook

- Musical Instrument(s)
- Personal music player with headphones (not able to access Internet)
- Spending money for Camper Bank
- Envelopes and stamps for letter writing (pre-addressed)