

## Acadia 2022 Packing List

### Clothing

Item	Quantity	Notes
Hiking boots	1 pair	Broken-in boots recommended
Camp shoes	1 pair	Closed-toe. Crocs, Keens, etc
Socks	3-4 pairs	Non-cotton, crew length recommended
Underwear/sports bras	4-5 pairs	
Athletic shorts or pants	2-3 pairs	Will be climbing, hiking in
T-shirt	2-3 pairs	Non-cotton, wicking
Long Sleeve	1	Non-cotton, wicking, can layer over t-shirt
Fleece mid-layer	1	
Rain/wind jacket	1	
Warm hat	1	
Bathing suit	1	Board shorts and rash guard optional

### Toiletries

Item	Quantity	Notes
Toothbrush	1	
Toothpaste	1	Travel-sized
Tampons/pads	4 days' worth	Store in foil in a Ziplock bag
Deodorant	1	
Towel	1	
Medication	As needed	Participants are responsible for the storage and administration of their own medications

### Personal Gear

Item	Quantity	Notes
Duffle Bag/ big backpack	1	For packing clothes/personal gear
Day-Pack Backpack	1	Big enough for water, snacks, and layers, climbing gear
One Liter Water bottle	2	No Glass
Spork	1	
Bowl	1	
Sleeping bag	1	Stuffable, rated 40 degrees
Sleeping pad	1	
Headlamp	1	Bring extra batteries

### Misc.

Item	Quantity	Notes
Chapstick		SPF recommended
Sunglasses		
Sunscreen		
Extra Snacks		

### Optional:

- Climbing shoes\*
- Climbing harness\*
- Climbing helmet\*
- Book
- Insect repellent
- Watch with alarm
- Small camera
- Baby wipes

*\*Personal climbing gear needs to be approved by trip leaders before departure*