CSUSB Adventure Backpacking Packing List

(Items in **Bold** are available to check out)

### Pack and Sleeping:
- **Duffle Bag**
- **Day Pack**
- **Internal Frame Backpack**
- **Sleeping Bag**
- **Sleeping Pad**

### Upper Body:
- **Waterproof Jacket**
- **Fleece Jacket or Sweatshirt**
- **Synthetic Long Sleeve Top(s) – Polypro, Capilene, or Polyester**
- **Cotton or Synthetic Blend Hiking Shirt(s) (Breathable Layer)**
- **Cotton or Synthetic Camp Shirt(s) (a Clean Shirt to Wear at Camp)**
- **Sports Bra**

### Lower Body:
- **Nylon Shorts**
- **Light Weight Long Pants/ Cotton or Synthetic Hiking Pants**
- **Waterproof Pants**
- **Underwear**
- **Synthetic Long Underwear**
- **Bathing Suit (if needed)**

### Feet, Hands, and Head:
- **Hiking Boots**
- **Comfortable Camp Shoes**
- **Hiking Socks (No Cotton)**
- **Wet Shoes or Sport Sandals (if needed)**
- **Gloves**
- **Wide Brimmed Shade Hat**
- **Beanie or Stocking Cap**

### Personal Items:
- **Toiletries (Toothbrush, Toothpaste, Soap, Tampons, Contact Lenses and Cleaning Solution)**
- **Shampoo and Conditioner (If Showers are Available)**
- **Towel**
- **Earplugs (optional)**
- **Sunscreen**
- **Insect Repellant**
- **First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)**
- **2 Reusable Water Bottles (1 quart)**
- **Headlamp with Extra Batteries**
- **Sunglasses**
- **Trash Bags**
- **Camera, book, or journal (optional)**

### Group Equipment that CSUSB Adventure will provide:
- **Expedition First Aid Kit**
- **Stoves, Fuel, Cooking Gear**
- **Tents, Water Treatment**
- **Repair Kit for Tents, Stoves, Packs, etc.**
- **Trekking Poles, Bear Canister**