

CSUSB Adventure Camping Packing List

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

Pack and Sleeping:

- Duffle Bag
- Day Pack
- **Sleeping Bag**
- **Sleeping Pad**
- Travel Pillow

Upper Body:

- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s)
- Cotton or Synthetic Shirt(s)
- Sports Bra

Lower Body:

- Nylon Shorts
- Light Weight Long Pants/ Cotton or Synthetic Pants
- Underwear
- Bathing Suit (optional)

Feet, Hands, and Head:

- Athletic Shoes
- Comfortable Camp Shoes
- Socks
- Wet Shoes or Sport Sandals
- Gloves
- Wide Brimmed Shade Hat
- Beanie or Stocking Cap

Personal Items:

- Toiletries (Toothbrush, Toothpaste, Soap, Tampons, Contact Lenses and Cleaning Solution)
- Shampoo and Conditioner
- 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/Flashlight with Extra Batteries
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)

Group Equipment that CSUSB Adventure will provide:

- Tents
- First Aid Kit