

# CSUSB Adventure

## Garden Packing List

### Pack and Sleeping:

- Day Pack

### Upper Body:

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

### Lower Body:

- Nylon Shorts or Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- Waterproof Pants if needed
- Underwear
- Synthetic Long Underwear

### Feet, Hands, and Head:

- Walking Shoes
- Face covering
- Socks
- Gloves if needed
- Wide Brimmed Shade Hat

### Personal Items:

- Sunscreen
- Insect Repellant
- First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
- 2 Reusable Water Bottles (1 quart)
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)
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