

PCWC Hiking Camp 2022 Packing List

Clothing

- 1 pair broken-in shoes/hiking boots (NOT steel-toed; runners may get ruined)
- 4 pairs socks (high wicking material such as wool)
- 1 warm shirt (long sleeve, wool)
- 1 cool and light shirt (gym shirt)
- 1 warm sweater (fleece or wool) or down jacket/vest
- 1 light rain jacket
- 1 pair hiking pants (not jeans, light weight, fast drying, tight weave)
- 1 pair light shorts
- 1 pair Long Johns
- 1 toque and 1 pair thin gloves

Other Necessities

- Backpack (size: 40-60L)
- Sleeping bag (rating: -5C to -12C)
- Sleeping pad
- Headlamp with *new* batteries
- Mug and spoon (plastic or metal)
- 1-2 reusable non-insulated water bottles (total capacity: 1.3-2L)
- Small Bible
- Toothbrush & travel toothpaste
- Toilet paper (½ roll in sealed bag)
- Deodorant
- Any needed medications or feminine hygiene products

Optional Equipment

- Thin nylon socks (help with blisters)
- Crocs or sandals
- Knife
- Small towel (such as Shammy)
- Small camera
- Sunglasses or ball cap
- Sunscreen and bug spray (non-aerosol)
- Swimsuit/trunks (1-piece for girls)
- Inflatable pillow (folded clothes work)
- Compass

Do NOT bring... it will be provided

- Tent
- Food (3 meals/day & snacks)
- Emergency kit/spare camping gear
- Hatchet/machete (saws will be provided for firewood)
- Large camera (photos will be shared after camp)
- Cooking supplies or stove
- Matches and lighter

Do NOT bring... you don't need it

- Phone or any electronic device, including smart watches (camp policy)
- Cigarettes (smoking strictly prohibited)
- Junk food
- Books (other than small bible)
- Make-up, perfume, cologne, shampoo, conditioner
- Jewelry
- Pillow
- Portable chargers
- Flashlight (headlamps are more practical)
- Large towel
- Cotton & denim clothes (they are heavy and take a long time to dry)
- Extra clothes
- Heavy jacket
- Anything you would not want lost or damaged (e.g., best clothes)

*Your pack should weigh no more than 25-28lbs. With food it will be about 40lbs.

*All packs will be checked through before heading out on the trail to ensure only necessities are being packed (weight adds up fast).

*If you have questions about packing, please have them ready 1-2 weeks before camp as you will receive a call from the director.