**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:**

* **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**
* **Repair Kit for Tents, Stoves, Packs, etc.**