

## Upham Woods Outpost Trip Packing List

The one rule to successful camping is BE PREPARED! To make your adventure more enjoyable, we have compiled a list of things to bring (and to leave at home).

To keep the lost & found items to a minimum: **PUT YOUR NAME ON EVERYTHING!**

*Upham Woods is not responsible for any property brought to camp that is lost or damaged during your stay.*

### **Outpost tip:**

**Enclose everything in plastic Ziploc or garbage bags labeled with your name.**

### **Clothing:**

- 2 pairs of shorts / 2 t-shirts (made of quick drying material)
- 1 pair of pants (preferably not denim as it takes long to dry)
- Rain gear
- 1 sweater OR 1 sweatshirt (Both would take up too much room.)
- 1 pair of sturdy hiking boots
- 1 pair of tennis shoes or sandals which can get wet or dry quickly
- 2 pairs of socks
- 3 underwear
- Sleep wear
- Sunglasses and/or hat with a brim
- Swimsuit

### **Necessary Equipment:**

- Sleeping bag
- Towel, small (synthetic is best)
- Toiletries – soap/shampoo (biodegradable, if possible), toothpaste, toothbrush
- Water bottles!! (at least two)
- Bug spray
- Sunscreen / lip balm
- Flashlight
- Feminine hygiene products (if applicable)

### **Optional Equipment:**

- Camera (waterproof, disposable, inexpensive)
- Binoculars

- Journal or diary
- Personal camp cook gear or other equipment (or borrow ours)
- Sleeping pad (or borrow ours)

**Please Leave at Home:**

- Pillows (They take up too much room in canoes)
- Candy, gum, sodas, snacks (They attract rodents and bugs, and lead to litter in tents & campsites)
- Cell phones, smart watches, radios, music/video players, video games, etc. (They disturb the natural beauty for some and can be a very expensive loss in a tipped canoe.)
- Valuables, jewelry, expensive cameras, etc.
- Spending money

***Please note: We pack light because we must carry everything we bring during an Outpost trip. Your comfort and safety on this trip depend greatly on your clothing and equipment. Pillows, too many clothes and electronic items will be left at base camp if you bring them. For camping on Blackhawk Island, be prepared to repack your gear into waterproof canoe packs before your group departs base camp.***