

Teen Leadership Camp
Personal Equipment List

Follow this personal equipment list to determine what gear you will need for the trip. The temperature ranges from the 60s to the 90s during the day and the 50s to 40s at night. Some items are listed as **REQUIRED** (absolutely necessary - can't go without it), some are listed as **SUGGESTED** (would be a good idea, but not absolutely necessary), and some are listed as **OPTIONAL** (up to you).

Equipment	Type	Equipment Description	Check
Clothing: Heads, Hands, and Feet			
Running Shoes or Boots	REQ	1 pair. Should be closed-toe with a solid mid-sole and secure enough to run in. Boots are beneficial and lend more support to ankles and feet than a standard tennis shoe.	
Socks	REQ	4-5 pairs, wool or synthetic plus optional liner socks	
Camp Shoes	REQ	1 Lightweight footwear to wear around camp. Closed toed	
Water shoes	REQ	1 Quick drying water shoes that cover the feet. Keen, old tennis shoe etc.	
Sunglasses	SUG	For sun protection.	
Warm Hat	SUG	Retain heat on cold nights	
Brimmed Cap or Visor	OPT	For sun protection.	
Clothing: Upper Body			
Base Layer –Top	REQ	2 pair. Synthetic or wool material. Underarmour, champion etc. Dries quickly and moves sweat away from the body.	
Insulating Tops	REQ	2... can be wool, fleece, or synthetic fill. Can be pullovers, jackets, parkas, or vests. A layer to keep the upper body warm.	
Rain Jacket	REQ	1 jacket. Either coated nylon or waterproof/breathable fabric with a hood. Should have taped seams. No ponchos	
T-shirts	REQ	4-5 t-shirts. Synthetic, wool, or poly blend material. Long or short sleeved. No cotton	
Sports Bras	OPT	As needed.	
Clothing: Lower Body			
Base Layer – Bottom	REQ	1 pair Synthetic or wool material. Long Johns. Non cotton.	
Outer bottoms	REQ	3 total pairs Synthetic pants and shorts.	
Rain Pants	SUG	1 pair Either coated nylon or waterproof/breathable fabric.	
Underwear	SUG	5 pair Synthetic for active wear; cotton is acceptable for in camp/sleeping.	
Insulating Bottoms	OPT	1 Fleece or wool insulating layer. Warm pants. Fleece sweatpants etc	
Camp and Travel Equipment			
Backpack	REQ	Capable of carrying all personal equipment and your share of tent group equipment. Internal or external framed with a hip belt. 4000 cubic inches or 60 liters. Available for rent at Canaan.	
Day Pack	REQ	Small sturdy backpack capable of carrying water, lunch, a layer or rain jacket.	
Hammock	REQ	Lightweight nylon hammock, ENO, grand trunk, etc. Available for rent at Canaan.	
Sleeping Pad	REQ	Main protection from the nighttime cold when hammock camping. Limited Number Available for rent at Canaan. Cheap options are out there. (Walmart link)	
Sleeping Bag	REQ	Synthetic or down insulation, rated to at least 30° F. Mummy style with hood and packable.	
Sleeping Bag Liner	SUG	Extra insulation for sleeping	
Bandanna	REQ	A multi-purpose item. Serves as a wash cloth, pot gripper, napkin, etc.	
Water Containers	REQ	2-3 L. At least one bottle; others may be a hydration pack.	
Eating supplies	REQ	1 bowl and cup; utensils will be provided	
Headlamp	REQ	Extra bulb (if not LED) and an extra set of batteries.	
Journal	REQ	Include writing utensils and paper	
Personal Toiletries	REQ	Personal medications and toiletries such as Toothpaste, Sunscreen, Bugspray, Chapstick, Biodegradable soap, Glasses/Contacts, toilet paper and/or wipes, feminine products.	
Knife	OPT	Small folding pocket knife or multi-tool	
Compass	OPT	Baseplate style.	
Misc. Optional Items	OPT	Field guides/books, Stuff sacks, or Camera	
Camp Chair or Sit Pad	OPT	Camp chair, Sleep pad chair kit, or small foam pad to sit on. Canaan has one sit pad for each camper if needed.	
Water Clothing.			
Swim Suit	REQ	Quick dry nylon. Modest.	
Towel	OPT	Quick Drying	
Water Shoes	REQ	Secure Closed Toed Shoes.	