



Wilderness

CAMPER PACKING LIST

- Do your best to avoid cotton as much as possible because it is hard to dry when it gets wet. Dri-Fit, polyester, wool, and fleece are great options. Think about clothes you might wear while jogging.
- To keep backpacks light, we typically pack two sets of clothes: "wet clothes" and "dry clothes." Wet clothes are the clothes you wear during the day (hiking, paddling, etc). Dry clothes are the clothes you keep dry and clean and change into after setting up camp each night.
- Remember: Less is more and whatever you bring will come back dirty!



Clothes

- 3 Pair Hiking Socks (Wool or Smartwool-Not Cotton!)
- 5 Pair Underwear
- 2-3 Short Sleeve Shirts
- 1-2 Long Sleeve Shirts
- 1-2 Pair Pants (loose, light fabric or athletic)
- 1-2 Pair Shorts (loose, light fabric or athletic)
- Fleece Jacket or pullover
- Rain Jacket with Hood
- Swim Suit Suitable for Active Days on the Water
- Hat to keep the sun off / Wool or fleece hat in case it's cold
- 1 Full set of clean clothes to wear upon return

Other

- Sleeping Bag (Packable, Mummy, 20 degree bag preferred)
- Bandana
- Small flashlight or headlamp
- Water bottle
- Toothbrush / Small Toothpaste
- Sunglasses
- Sunscreen / Bug Spray
- Small Bible
- Towel / Shampoo / Soap to use upon return

Footwear

High Peaks, Firetower Challenge, Backpacking

- 1 Pair Hiking Boots (Broken In!)
- 1 Pair shoes to wear around the campsite (should be able to get wet; crocs are a really good option; tevas, chacos, etc. also work)

Paths & Paddles, ADK Wild

- 1 Pair Hiking Boots (Broken In!)
- 1 Pair shoes that can get wet and stay on your feet (Tevas, Chacos, Keens, Crocs, etc.)

Canoeing

- 1 Pair shoes that can get wet and stay on your feet (Tevas, Chacos, Keens, etc.)
- 1 Pair of shoes to wear around the campsite (crocs or sneakers)

Fowler provides backpacks, sleeping pads, tents, and other necessary group gear. However, if you have your own and would like to bring it, you are welcome to.

Medication should be sent in original bottles and given to the Health Director during Check-in. Your Medication Authorization Form must be signed by a Doctor and uploaded to your Active Account.

Fowler is a **screen-free camp** and electronics are not permitted. This includes cell phones, ipods and music players, computers, tablets, smart watches, & electronic readers.