

Teen Expeditions

Camping and Equipment List

For all teen expeditions, we provide tent, cooking gear, water filtration and safety equipment. **The following items must be provided by the participant:**

- Lightweight rain gear, top and bottom (no ponchos)
- Compact summer weight sleeping bag (must be synthetic filled, not cotton)
- Foam or therma-rest sleeping pad
- Swimsuit
- Sunglasses
- Light hiking boots or sneakers
- Closed-toe water shoes
- Warm hat
- Visor hat
- Fleece jacket
- Polypropylene long underwear top and bottom
- 2 pairs quick drying shorts
- 2 short-sleeve shirts
- 1 pair long pants
- 1 pair warm socks
- 1 pair summer weight socks
- Sunblock and lipblock (#15 or greater)
- Biodegradable soap
- Non-aerosol spray bug repellent
- Personal toilet kit
- Two 1-quart water bottles
- Flashlights with extra batteries (head lamps are best)
- Eating utensils, plate, bowl, insulated mug
- Journal notebook

If you have any questions about these items, contact Nick Patch at NickP@lcmm.org or 802-475-2022 ext. 113. If obtaining any of the above is a hardship, please let us know and we may be able to help.