

## **Teen Expeditions**

### Camping and Equipment List

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Going on a backcountry expedition doesn't need to require a whole new wardrobe. Here are a few simple rules to follow that will help ensure comfort and safety while out on the lake:

**Rule One: No Cotton.** Once cotton gets wet it loses its insulating qualities and starts pulling heat out of the body. With the exception of a t-shirt or two for hot days it has no place in your equipment. Most exercise and sports clothing is non-cotton already, just check the tag to be sure.

**Rule Two: Keep it Simple.** There is no need to go and buy the fanciest, top of the line things. A few warm pieces of clothing for the evenings, a rain coat for when it's raining and a couple pairs of shorts are all you need, and can be surprisingly affordable if you stay away from the major brands. An expensive water bottle rarely holds water any better than one from a cheaper source. If you have questions about whether a piece of gear or clothing is worth it, feel free to reach out and ask.

**That's it!**

#### **Expedition Packing List:**

- Lightweight rain gear, top and bottom (no ponchos)
- Compact summer weight sleeping bag (with down or synthetic filling)
- Foam or therma-rest sleeping pad
- Swimsuit
- Sunglasses
- Light hiking boots or sneakers
- Water shoes (an old pair of tennis shoes is ideal, NO CROCS)
- Warm hat
- Visor hat
- Fleece jacket
- Synthetic long underwear top and bottom
- 2 pairs quick-drying shorts, trunks style bathing suit bottoms work well
- 2 tee-shirts
- 1 pair long pants
- 2 pairs warm socks
- 1 pair summer weight socks
- Sunblock and lip block (SPF 30 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 note book

**Most of these items are likely to be returned dirty, torn and smelly. We highly recommend checking out second hand stores such as Goodwill, Plato's Closet, or the basement at Outdoor Gear Exchange before buying new. The planet and your wallet will be grateful.**

**We'll provide tents, cooking equipment, safety gear and dry bags. If you have any questions, or face a financial hurdle to getting any of these items, reach out by phone or email to Charlie Beyer at 802-475-2022 ext 122 or [charlieb@lcm.org](mailto:charlieb@lcm.org) I will be happy to help.**