

Teen Expeditions Packing List

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 Lake Champlain:

Rule One: No Cotton. Once cotton gets wet it loses its insulating qualities and starts pulling heat out of the body. With a few small exceptions of wearing cotton in camp, it has no place in your equipment. Leave those beloved hoodies at home and think about how much you will appreciate it after the expedition.

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 raincoat for when it's raining, and good sun protection during the day are all you need. When you stay away from major brands, everything on this list can be very affordable and of equal quality. If you have questions about any of the gear on the list, feel free to reach out.

That's it!

Weather: The weather on Lake Champlain in July and August can see highs in the upper 70s (sometimes into the 90s) and lows in the upper 50s. While it doesn't rain as frequently as it does in other seasons, expect to have rain in some capacity during the expedition.

Layering Breakdown while on the Expedition

When packing for an expedition, think about the clothes you will be wearing on the water and in camp. The clothes you wear on the water will get wet and dirty the fastest while your camp clothes have a better chance of staying dry. The ideal water "outfit" would be long, lightweight pants and a long sleeve shirt with a swimsuit or synthetic underwear. Shorts can be worn while on the water if the participant is regularly applying sunscreen. Dedicate one pair of socks to be water socks, so the remaining pairs stay dry for camp and sleeping.

Camp clothes are the more comfortable clothes to look forward to after a long day on the water. This is a great time to break out cotton (if it isn't raining) and allow your skin to dry out. The long underwear top and bottom are ideal for camp, especially for chilly nights and mornings. These can easily be layered with an additional pair of pants and a fleece as the temperature drops.

Laundry will not be available during the expedition. Trip leaders can teach participants how to clean clothes while on the expedition.

Expedition Packing List:

- Lightweight rain gear, top and bottom (no ponchos)
- Compact summer weight sleeping bag (synthetic filling preferred, no bulky car camping sleeping bag)
- Foam sleeping pad (can bring inflatable but must bring a patch kit)
- Swimsuit
- Sunglasses (polarized preferred)
- Lightweight hiking boots or running shoes (MUST be closed toe)
- Water shoes (heel strap required, can be open toe sandals, no flip flops or Crocs, old running shoes work well)
- Warm hat
- Sun hat with visor
- Fleece jacket
- Long underwear, top and bottom (wool or synthetic)
- 2 Pairs of quick-drying shorts, trunks style bathing suit bottoms work well
- 2 T-shirts (one MUST be synthetic, the other can be cotton)
- 1 Long sleeve synthetic sun shirt (button up or sun hoody preferred)
- 1 Pair of long pants (light weight synthetic preferred)
- 4 Pairs of underwear (one pair can be cotton for sleeping, the rest synthetic)
- 2 Sports bras
- 2 Pairs of warm socks
- 1 Pair of summer weight socks
- Sunblock and lip balm (SPF 30 or greater), Zinc works well
- Biodegradable soap
- Non-aerosol bug repellent
- Personal toiletry kit—recommended items include, toothbrush, toothpaste, floss, hand sanitizer, small package of baby wipes, lotion, ample supply of pads/tampons if you menstruate with several quart sized Ziplock bags for used items
 - Please no deodorant, make up, perfume, etc.
- 2 1-liter water bottles
- Flashlight with extra batteries (head lamps are preferred)
- Eating utensils with plate, bowl, and mug (no glass or ceramic)
- Journal or notebook with writing utensils

Most of these items are likely to be returned dirty, torn, and smelly. We highly recommend checking out secondhand 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.