

Valley Voyageur / White Mountain Voyageur / SPOKE

Adventure Program Packing List

Clothing (avoid cotton!)

- 1-2 pairs of shorts (gym shorts work great)
- 1 pair of long pants (non-cotton, no jeans, wind pants/track pants ideal)
- 2-3 non-cotton shirts (Under Armour or polypro wicking shirt ideal)
- 1 warm long sleeve top (fleece jacket or non-cotton material preferred)
- 1 rain jacket
- 3-5 pairs of non-cotton socks (hiking socks preferred)
- 1 pair of hiking boots*
- 1 pair of water shoes (for water SPOKE trips)
- 1 winter hat and gloves (in case it gets cold)

Equipment

- 1 hiking backpack* (big enough for personal and crew gear!)
- 1 tent*
- 1 sleeping bag*
- 1 sleeping pad* (optional)
- 1 compass
- Large ziploc bags (2/3 gallon size is ideal) and trash bags (to keep things dry)
- 3 liters of water minimum! (Camelbacks OK, need 2 liters in hard water bottles)
- 1 bottle of sunscreen
- 1 bottle of bug spray
- Toiletries
- Mess kit* (Bowl and spoon at minimum)
- Flashlight/headlamp

Optional

- Knife / Multi-Tool (BSA appropriate)
- Book
- Playing Cards
- Snacks
- Sunglasses
- Camera
- Watch

* Things that can be provided by the Adventure Program, however, if you have it bring it.

Any items not listed here which are essential for the trek (i.e. stove, cook gear, food, tarps, etc.) will be provided by the Adventure Program. Again, if you have it, we recommend you bring it.