



## What to Pack for Backpacking

You will be carrying everything you need for your expedition in your backpack, so *pack light!* Only bring clothes and shoes that can get dirty.

### *For your backpack:*

- 1 pair of *close toed* water shoes (an old pair of tennis shoes work great)
- 2-5 pairs of underwear
- 1-2 sports bra(s) (if you wear them)
- 1-2 t-shirts (Athletic/Nylon is best)
- 1 tank-top (optional)
- 1-2 pairs shorts (Athletic/Nylon is best)
- 1 baseball cap
- sunglasses
- 2 bandanas
- personal care items
  - small toothpaste/toothbrush
  - small package of baby wipes (optional)
  - deodorant
  - tampons/pads (if needed)
  - chap stick
- prescription Medication (**All medication must come in original package**)
  - full inhaler (if you use one)
  - extra glasses/contacts (if you use them)

### *For the van ride:*

- Clean Clothes
  - t-shirt
  - sweatshirt/jacket
  - shorts/pants
  - clean underwear
  - socks

Things BCM will loan you:

Full size backpack, sleeping bag, sleeping pad, a tent to share, hiking boots and socks (you get to keep these!), long underwear shirt and pants, fleece jacket and pants, rain jacket and pants, warm hat, cup, bowl, spoon