Teens’ Camping Tour of the West, INC

**What to Bring**

Since space is at such a premium, please limit yourself to only the things on this list. Laundry will be available. This list is the culmination of 35 years of experience. Trust us everything you need is here.

**NO CELL PHONES!**

**CLOTHES** (Temperatures range from 25 degrees to 115 degrees)

1-Nicer than average outfit

1-Pair of long pants (jeans, etc.)

5-Pairs of shorts

7- Shirts (at least two with long sleeves;1 light in color for canyon hike)

1-Light weight LINED jacket (waterproof/rain jacket)

2-Long sleeve sweatshirts, 2 pair of sweatpants

2- Pairs of comfortable shoes (one suitable for hiking)

1-Bathing suit plus plastic bag for wet storage

2-Washcloths and 3 towels (one beach, two bath-Camping towels work well too!)

6-Sets of underwear

2-Pillowcases (recognizable)

Socks

Long johns (thermal underwear)

Toilet articles- packed in collapsible bag for separate storage

\*Clothes should be wash and wear fabrics, non-wrinkle, shrink resistant where applicable, and old (they may get dirty)

Pack in suitcase, duffel bag (Scotch guarded, lightweight and durable.)

**Other Items**

Sleeping bag- suitable for temps as low as 25 degrees. It should be Scotch guarded and carried in a protective case/stuff sack

Pillow

**Optional Items**

Toboggan & Gloves

Sunglasses

Hair dryer

Playing cards

Stamps (& addresses of those you might want to send a postcard to)

Laundry bag

Binoculars

Stationary

Detergent (pre-measured)

Identification (photo ID)

Headlamp or flashlight (extra batteries)

Small daypack or book bag (required)

Camera (memory card, batteries/charger)

2 rolls of quarters for showers and laundry

Inspect repellant

3 of your favorite CDs/MP3 player (no iPhones)

Nalgene bottle/water bottle (should hold 1-2 quarts)

Cap or wide brim hat (for canyon hike)

Flip Flops (shower shoes)

Cheap watch

Laundry marking pen

Foam ground mat/cushion (Thermarest, etc)

REMEMBER TO MARK ALL PERSONAL ITEMS

OLD CLOTHES—No white outer-garments except 1 long sleeve cotton t-shirt for canyon hike

A WORD TO THE WISE- IT’S GOING OT BE COOLER THAN YOU THINK!

And again please try to limit the amount of luggage. You should be able to pick up our own bag! ☺

We are working with limited space. Thanks!