

Leadership Academy
Equipment and Clothing List

Equipment:

- Compact Sleeping Bag* in stuff sack
- Sleeping pad* (often called ensolite pad or a blow up backpacking pad)
- 50+ liter Internal Frame Backpack* to pack and carry all personal and shared group equipment
- Daypack for day hikes that is large enough to fit jacket, hat, gloves, lunch, water, etc
- Refillable and reliable quart or liter water bottle
- Headlamp or small flashlight with extra batteries
- Lightweight personal cup, bowl, and spoon
- Small pocket notebook with pen

(* we have for rent if needed – contact our office manager to rent)

Clothing:

- One pair of long pants
- Athletic stretchable sweat pants or leggings
- 1 pair shorts with pockets
- 2 T-shirts
- Swim suit
- Long underwear top and bottoms
- 3 pair socks
- At least one change of underclothes
- Insulating Pile or fleece Jacket (stays warm even when wet)
- Rain jacket or poncho (inexpensive plastic ponchos are fine)
- Windbreaker (can be the rain jacket if it is a breathable kind)
- Warm pull over winter type beanie hat
- Gloves
- Ball cap or sun visor/hat
- Tennis shoes or light hiking boots
- Water Sandals that will not come off the feet in the water
- House shoes for evening wear/going to bathroom at night etc (Croc type shoes, etc)
- Toiletries including: toothbrush/paste, brush or comb, feminine-care products
- Small hand sanitizer
- Sunscreen
- Bug Repellent
- Sunglasses
- Any suggested or needed medication (please let us know about any, and whether camper is responsible or if we should administer).
- Both release forms (General release and Medical release)
- Lunch for Day 1
- \$ for the Snack Shack (if it's up and running yet! And if you want your child to partake. Items are \$1- \$3)