

Quest Packing List



Clothing

- 1 swimsuit
- 8-10 pairs underwear
- 6 pairs cotton athletic socks
- 2 pairs wool hiking socks (not cotton)
- 2 pairs comfortable shorts
- 1 pair loose fitting pants or leggings for hiking (sweat pants OK)
- 1 pair jeans or other comfortable pants
- 1 pair long underwear bottoms (polypropylene, silk, or wool - not cotton)
- 1 long underwear top (not cotton)
- 5 T-shirts
- 2 long sleeved shirts
- 1 warm sweater or fleece sweatshirt
- 1 warm jacket
- 1 rain jacket or poncho- must be waterproof and have a hood
- 1 pair rain pants- for Northwest/Canada Quest **only**
- 1 warm hat (fleece or wool)
- 1 sun hat or baseball cap
- 1 pair of hiking boots (lightweight OK, comfortable, should provide ankle support, not brand new)
- 1 pair tennis shoes
- 1 pair of river shoes (old sneakers or sandals that can get wet and won't fall off- **no** flip flops)
- 1 bandana
- 1 medium sized towel, 1 washcloth
- 1 bag for dirty clothes (a pillow case works well)
- Optional: 1 pair wool or fleece gloves/ mittens

Equipment

- 50-65 liter backpacking backpack, internal or external frame (Let us know if you need to borrow one)
- 2 quart-sized water bottles
- Small backpack for day hikes and outings
- Large duffel bag
- Warm sleeping bag (not cotton) and stuff sack
- Insulated sleeping pad (either inflatable or foam ok)
- Flashlight or headlamp and extra set of batteries
- Sunglasses with strap
- Waterproof sunscreen and chapstick with sunscreen
- Toiletries: shampoo, soap, toothbrush, toothpaste, etc.
- Lightweight bowl, spoon, fork, and little bag to hold it all (Camp can provide if needed)
- Pillow
- 3 Garbage bags (for keeping larger items waterproof)
- Optional: Camelback or other backpack-style water bag with drinking tube
- Optional: Fleece or flannel sleeping bag liner for extra warmth
- Optional: camera, books, journal, pens, postcards, stationery, stamps, games (cards, chess, etc.), frisbee, musical instruments

DO NOT BRING: suitcases, perfume, lighters or matches, knives, hair dryers, food or candy or any electronics. Camp Tawonga is **Screen Free** so please do not bring cell phones, ipods, video games, etc.

STORES WHERE WILDERNESS CLOTHING & EQUIPMENT CAN BE PURCHASED OR RENTED:

REI (Berkeley, San Francisco, Mountain View, Corte Madera, Fremont)

North Face (Berkeley, Palo Alto, San Francisco, Santa Clara)

Sports Basement (Berkeley, San Francisco, Sunnyvale, Walnut Creek)

Patagonia (San Francisco, Palo Alto, Santa Cruz)

Comfortable and functional outdoor clothing and gear can also be found at second hand stores.

ALL CLOTHES SHOULD BE:

QUICK DRYING

LABELED WITH QUESTER'S NAME

PACKED IN THE DUFFEL BAG