



Quest Packing List



Clothing

- 1 swimsuit
- 8-10 pairs underwear
- 6 pairs socks
- 2 pairs hiking socks
- 2 pairs comfortable shorts
- 1 pair loose-fitting pants or leggings for hiking
- 1 pair jeans or other comfortable pants
- 1 pair long underwear bottoms
- 5 t-shirts
- 2 long sleeved shirts
- 1 warm sweater or sweatshirt
- 1 warm jacket
- 1 rain jacket or poncho- must be waterproof and have a hood
- 1 warm hat
- 1 sun hat or baseball cap
- 1 pair of hiking shoes (lightweight OK, good traction, ankle support, not new)
- 1 pair tennis shoes
- 1 pair river shoes (old sneakers/sandals can get wet & won't fall off- **not** flip flops)
- 1 bandana
- 1 medium sized towel
- 1 bag for dirty clothes (a pillow case works)
- 5 N-95 or KN-95 masks
- 2 sets of pajamas
- Optional: 1 pair gloves or mittens

Equipment

- 50-65 liter backpacking backpack, internal frame (Let us know if you need to borrow)
- 2 one-liter-sized water bottles (*not disposable*)
- Small backpack for day hikes and outings
- Large duffel bag (to fit all items)
- Warm, compressible sleeping bag (not cotton) with stuff sack (~25°F)
- Insulated sleeping pad (inflatable/foam ok)
- Flashlight or headlamp and extra set of batteries
- Sunglasses with strap
- Sunscreen and chapstick with SPF
- 1 small personal hand sanitizer
- Toiletries: shampoo, soap, toothbrush, toothpaste, deodorant, etc.
- Bug spray
- Menstrual products (if applicable)
- Lightweight bowl, spoon, fork, and little bag to hold it all
- Pillow
- 1 Garbage bag (unscented, for keeping larger items waterproof as needed)
- Optional: Camelbak or other backpack-style water bag w/ drinking tube
- 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, video games, etc. The only exception for Quest is an iPod for shared music in the car.



Stores where wilderness clothing and equipment can be purchased/rented:

◆ REI ◆ North Face ◆ Sports Basement ◆ Patagonia ◆ Last Minute Gear ◆ Comfortable and functional outdoor clothing and gear can also be found at many second hand stores

All clothing items should be:

◆ Labeled with the Quester's name ◆ Packed in the duffel bag

