



Quest Packing List



Clothing

- 6 pairs socks
- 8-10 pairs underwear
- 1 swimsuit
- 2 pairs hiking socks
- 2 pairs comfortable shorts
- 1 pair hiking pants/leggings
- 1 pair jeans or other comfortable pants
- 1 pair long underwear bottoms
- 5 t-shirts
- 1 sun shirt
- 2 long sleeved shirts
- 1 warm sweater or sweatshirt
- 1 warm jacket
- 1 rain jacket or poncho - waterproof w/ hood
- 1 warm hat
- 1 sun hat or baseball cap
- 1 pair of hiking shoes (lightweight OK, good traction, not brand new, ankle support preferred)
- 1 pair sneakers
- 1 pair of river shoes (old sneakers or sandals that can get wet and 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 warm gloves or mittens

Equipment

- 60-70 liter backpacking backpack, internal frame (Let us know if you need to borrow)
- 2 liter-sized water bottles (not disposable)
- Small backpack for day hikes and outings
- Large duffel bag (to fit all items)
- 1 garbage bag (unscented, for keeping larger items waterproof as needed)
- Warm, compressible sleeping bag (not cotton) with stuff sack rated to about 20°F
- Insulated sleeping pad (inflatable/foam ok)
- Flashlight or headlamp and extra batteries
- Sunglasses (ideally 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
- Optional: Lightweight packing cubes for duffel organization
- Optional: Camelbak or other backpack-style water bag w/ drinking tube
- Optional: camera, books, journal, pens, postcards, stationery, stamps, games, cards, chess, frisbee, musical instrument

Do NOT Bring

Suitcases, perfume, lighters or matches, knives, hair dryers, food or candy, 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 ◆ Sports Basement ◆ Second hand stores, borrowed or rented ◆ Other local outdoor shops

All clothing items should be:

◆ Labeled with the quester's first and last name ◆ Packed in one duffel bag

