



Young Adult Off Campus Packing List

Please bring the following:

- Backpacking Bag
- Two Pairs of Quick dry pants
- Quick dry t-shirt
- Long sleeve quick dry
- Rain Jacket
- Fleece Jacket
- Non cotton undergarments
- Two pairs of wool socks
- Hiking boots
- Sandals for at camp
- head lamp w/ working batteries
- sleeping bag (lightweight)
- sleeping pad
- water bottle
- & water bladder OR second water bottle
- small quick dry towel
- enough tp in a ziplock bag
- lighter
- compass
- bug spray
- sunscreen
- hand sanitizer
- camp soap
- toothpaste
- toothbrush
- nylon rope
- money/etc. In ziplock bag
- 5 heavy duty garbage bag
 - to line your bag & sleeping bag to prevent them from getting wet
- 3 ziplock bags

Gear Provided by CYE:

- tent
- shorter christian prayer book
- your rations of food
- camp stove & fuel
- bear spray (when needed)
- first aid kits
- water filters
- fire starters
- 2 Cup
- Spoon

OPTIONAL

- personal water filter
- protein/granola bars to supplement
- pocket knife
- any meds you need
- bug net for head
- hat

Tips for packing your backpacking Bag...

- Line the inside of your backpacking bag with a 30 gallon trash bag. This will prevent the things inside your pack from getting wet if it were to rain, or if something were to leak.
- Put your sleeping bag (which is already in a compression sack) in another 30 gallon trash bag. This is the most important thing to keep dry! You won't regret it!
- Make your smaller items easier to access by putting them in ziplock baggies in categories. And then possibly altogether in a bigger bag or compression sack. This will also prevent spillage if something like your bug spray were to leak.
- When packing your bag, try to make sure it is not more than 25% of your body weight.
- Pack the heaviest items closest to your back.
- Pack what you need to access easily towards the top or somewhere accessible.

*Most of the off campus trips are fairly short, so if not everything is perfect, you will still be ok!
They are great trips for beginners!*