

## PACKING LIST FOR ALC ABROAD CAMPERS -2012

### For ALC use:

- **1 ALC SHORTS** - to wear in while in camp both before and after the trip. They must be white - for Spirit Night.
- **2 ALC T-SHIRTS** - You must have 2 ALC shirts to wear while in camp. One ALC shirt must be white for Spirit Night.
- Sleeping bag

You will store these things (plus any other articles your leaders deem unnecessary) at camp while you are gone.

### For TRIP use - Please pack **ONLY** items listed below:

**VALID PASSPORT** – Send a copy to camp office before May 1<sup>st</sup>! (If not possible, call us to let us know.) **DO NOT FORGET TO BRING YOUR PASSPORT TO CAMP WITH YOU!!**

1 Hiking Pack, 3500-5500 cubic Inch suggested.

**PLEASE DO NOT EXCEED 5500 CUBIC INCHES.** Eastern Mountain Sports or Osprey (ospreyback.com) offer bags that convert to a backpack, with wheels for pulling. TJ Maxx, will carry similar packs, at times, as well.

- 6 T-shirts – ALC appropriate
- 2 Tank tops
- 2 Long-sleeved shirts
- 2 Shorts – 1 for city walking, 1 quick-dry nylon
- 2 Long pants - 1 jeans, 1 quick dry for hiking
- 2 Quick dry wicking material tops - one short and one long sleeved
- 1 Pair base layer pants – teckwick or some wicking material (long underwear)
- 2 Polar fleece (pullover style)
- 1 Nice outfit for theater (dress/skirt/etc.)
- 1 Sleepwear (light-weight comfy pants to hang out in)
- 3 Pair wool/smart wool socks
- 5 Pair other socks
- 4 Bras (2 sports bras)
- 12-15 Underpants
- 1 Swim Suit (should be comfortable under a wet suit)
- 1 Pair Teva/Chaco style sandals or crocs
- 1 Pair of rubber flip flops for showers
- 1 Pair shoes for walking (a lot) that you don't mind getting dirty
- 1 Pair sturdy hiking boots – preferably waterproof
- 1 **Waterproof** raincoat
- 1 Warm hat (fleece/wool)
- 2 Bath towels – quick dry, light weight (campmor.com or LL Bean)
- 1 Washcloth
- 1 Sleeping Bag Liner
- 3-4 **Paperback** books to read & share (paperback for weight reasons)
- 2 Water bottles - with leak-proof, screw-on cap, at least 750 mL capacity
- 1 Water resistant wrist watch

**\*\*OVER PLEASE - LIST CONTINUED ON BACK\*\***

- 1 Small backpack - (like school book bag) This is the only item that you will be carrying onto the plane.
- 2 Favorite CD's for use in van's CD player – 2 maximum. (optional)

## **Toiletries**

Toilet articles in plastic-lined bag (incl. Shampoo – travel size)  
Kleenex Tissues  
Disposable Digital Camera or Digital Camera (at your own risk)  
Flashlight/headlamp & spare batteries  
Sunglasses  
Journal, stationary, pens, envelopes, money to buy stamp  
Small bag for in cities (to hold wallet, camera, etc.)

### **Also:**

\*There are activities (working on the farm, caving, teambuilding, horseback riding, etc) where clothes can get pretty dirty/stained so we suggest that everyone have a set of clothes that can be in everyday rotation, but that can also be used with the possibility of being slightly trashed (it's no fun to have to wear a favorite shirt while getting covered in sheep poop!)

\*Everyone must be well prepared to do a hike in potentially chilly or rainy weather: quick-dry shorts, fleece jacket, hat and good hiking footwear. SNEAKERS WON'T CUT IT!

\*Your pack must have wheels and **be easy** to carry when full and **must be soft-sided**. The best bags will have carrying straps like a back pack and wheels. (However, wheels are optional.) When packing all your 'stuff' by packing your sleeping bag into your back pack, this will create room for items purchased while on your trip, as you will be leaving your sleeping bag at camp.

**\*\*Be sure to put your name on ALL items!!\*\***