

## **2022 MSA PACKING LIST**

Note: Pack everything into a large duffel bag, and include an additional small duffel bag that will be left at ALC with those items needed just for time in camp. Please do not include anything that is not on this list—we will be moving a lot and cramming everything into small spaces. Excess stuff is a hassle! Your camper will do laundry a few times on the trip.

Pay close attention to the fabric of the clothing you are bringing, it is imperative that most items are **NOT COTTON** unless stated that it can be.

### **FOR USE ON ACTIVE PORTIONS OF THE TRIP:**

<b>REQUIRED ITEMS</b>	<b>#Needed</b>	<b>Notes</b>	<b>#packed</b>
Sports bras	3	Synthetic and comfortable!	
Quick-dry underwear	7-9	Synthetic! Comes in all styles.	
* Quick-dry t-shirts	2	Synthetic! No tank tops, all shirts must have shoulders for sun protection please	
Quick-dry shorts	2	Quick-dry synthetic shorts with or without liners. Waist should fit and legs should be roomy. Long enough to wear a harness with! A tried & true brand is Patagonia 'Baggies'.	
* Lightweight long underwear	2 sets	<b>No cotton.</b> For active use on chilly days and keeping warm at night. A top which zips up to cover part of your neck is preferable. <b>Wool or synthetic!</b>	
* Fleece pants	1	<b>No cotton sweatpants.</b> For a warm bottom layer at campsites after a day of activity. Make sure they are not super bulky for packing.	
* Mid-weight fleece top	1	Look for breathable material that is still warm when wet (fleece) and <b>compacts well for packing.</b>	
Lightweight synthetic or down puffy jacket for colder nights on the farm/coast!		Ideally this is a jacket you already have, the important piece here is that it is packable and compact.	
* Quick-dry pants	1	For climbing, day hiking, and manual farm labor on hot days. Can be lightweight technical <b>synthetic</b> joggers, zip off pants, etc. Look for labels of "hiking pants". <b>No cotton.</b>	
* Work Pants	1	Durable pair of pants to wear at the farm-can be old thick jeans (not thin jegging style) or canvas pants such as Carhartt. These <i>can be a cotton blend work-pant</i> . These can easily be a thrift shop item if it doesn't exist in your closet already!	
Really good raincoat	1	Breathable with a hood; big enough to layer (Mid range rain gear from LL Bean, REI, Marmot, etc.). Must be waterproof!	
Rain pants	1	NO track pants/windbreaker pants- real <b>waterproof</b> rain pants!	
Bathing suits	2	1 one-piece and 1 two-piece (two-piece can be a sports bra and quick dry shorts specifically allocated as bathing suit i.e. extra from above count, or an <b>active</b> full coverage non-string bikini style)	
* Long-sleeve quick-dry sunshirt or old cotton button down dress shirt (lightweight and oversized)	1	Awesome for extra sun protection!	
* Warm hiking socks	5	Wool	
* Active socks that fit into sneakers	2	Not cotton, synthetic or wool!	

* Trail running shoes or low top hiking boots. Waterproof is ideal.	1	These will be for working at the farm, day hikes, and portaging canoes! if you have mid-rise hiking boots already that is fine, as would sturdy running shoes - with traction. If you are buying new, look into sturdy trail runners/low top hiking shoes (REI or local hiking gear/boot shops will be able to recommend good options based on this description). Please be sure to try these on with wool hiking socks to make sure they will fit well and wear often before the trip!	
Water shoes	1	Tevas, Chaco, or Keen type. NOTE: no flip-flops and no Crocs - they are very slippery when wet.	
Warm hat	1	Wool or synthetic.	
Headlamp with red light capability	1-2	Bring extra batteries for almost each week ~4 sets of extras. Can be nice to bring a spare to leave in your bag in case one breaks but not necessary.	
Bandanas	2		
Sunglasses w/case & <b>straps</b>	<b>2</b>	Eye protection is a must on the water.	
Sunhat	1	with brim all the way around—make sure you like it because you will have to wear it a lot!	
Baseball hat	1		
Medium/large size quick-dry towel	1	You will want it big enough to wrap around your waist and cover front and back!	
Lightweight Cotton Sarong	1	<b>Optional.</b> For changing under.	
Daypack	1	Somewhere around 18-30 liters. For town days and day hikes to carry a water bottle, lunch, and extra layers.	
Heavy-duty water bottles	2	32oz. Nalgene-type preferred with wide mouth opening	
Sleeping bag	1	Compressibility is super important, the smaller the better. Synthetic fill, we recommend a 30°F (0°C) temperature rating. If you already own a compressible, down bag with a temperature rating close to 30°F (0°C) you can use that, but if you are buying new--synthetic is generally easier to manage in the wilderness.	
Compression, waterproof stuff sack	1	For sleeping bag: Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack is necessary such as the Sea to Summit Ultra-Sil Compression Dry Sack	
Sleeping pad	1	Thermarest or Ridgerest types work best, <u>closed cell</u> ¾" full body length pad provides good insulation. We recommend the Thermarest Zlite. There are also many open cell (blow-up) options on the market that offer added comfort. Note there is always a risk of these popping on the trip and you should bring a patch kit as well. If going the blow up route, make sure the <i>pad packs up around the size of a Nalgene</i> .	
Journal/stationery/cards/book		*A note about books and summer reading: campers should plan to complete any summer reading assignments before or after the trip. Due to the intensive nature of the trip, there is not time to read on a regular basis, and campers need to be fully present and engaged in the Mountain Sea program. You may bring a book for the van ride.	
Sunscreen	LOTS	SPF lotion, not spray. Both full size and small, packable sizes.	
Lip Balm WITH SPF	3-5	With at least SPF 15	
Bug repellent		lotion, not spray	
* Bug head net	1		

Mess Kit	1	Spork, bowl, mug. The bowl should have a lid (Sea to Summit and Nalgene make lid camp bowls).	
Dry Bags	5 total: 2 20L 1 15L 1 10, 1 5L	These waterproof stuff sacks are what you will be packing all of your stuff in for the sea kayaking portion-they MUST be waterproof - preferably with a folding top and <b>NO</b> drawstring closures.	
Small colorful stuff sacks for organization	3-5 varying sizes between .5 L-2 L	These are important because you will use them to organize all of your stuff for the entirety of the trip. They do not need to be waterproof.	
Extra zip lock bags or Reusable ziplock bags	Sandwich and Gallon size	To help with storage organization and extra waterproofing! Reusable sandwich bags that would be super sweet to have to avoid the plastic disposables.	
Toiletries		small bottle of skin lotion, chapstick with SPF, toothbrush/paste, wet-wipes, tampons, face cream and face wipes if desired, hairbrush, detangler, baby powder.	
Large duffel bag	1		

### **OPTIONAL**

foam earplugs (if your camper is a light sleeper)

camera with waterproof case

camera charger (keep in mind we will be away from electricity for up to two weeks at a time - batteries or solar charging will be better)

### **FOR USE ON OTHER PORTIONS OF THE TRIP**

2 pairs of cotton underwear

2 t-shirts (long or short sleeve)

1 pair of shorts (casual, sport-short types)

1 bra

\$125 in spending money

### **FOR USE IN CAMP**

1 small duffel bag

1 pair ALC blue shorts

1 ALC white shirt

1 ALC blue shirt

2 pair cotton underwear

1 bra

ALC sweatshirt

1 pair jeans

### **PERMITHEIRN**

***We highly recommend that you treat certain items of clothing with permethrin before arriving at camp. This is a spray on or wash in chemical that deters ticks from crawling onto your clothing. There are "\*" on the items we suggest treating with permethrin above and here is the list written out:***

- Work boots and sneakers
- Socks
- Hiking pants
- Work pants
- 1 t-shirt
- Long sleeve sun shirt
- 1 set of long underwear top and bottom
- 1 fleece jacket
- Fleece pants

Click [here](#) for more information on Permethrin.

**PLEASE DO NOT HESITATE TO CONTACT WHITNEY PANDER, [WHITNEY@ALFORDLAKECAMP.COM](mailto:WHITNEY@ALFORDLAKECAMP.COM), WITH QUESTIONS OR CONCERNS ABOUT ANY OF THE ABOVE INFORMATION. WE KNOW THE LIST CAN BE SOMEWHAT OVERWHELMING, BUT IT IS ALL NECESSARY! BORROWING GEAR FROM PAST MSA CAMPERS IS A GREAT ECONOMICAL OPTION AND WE CAN HELP FACILITATE THIS.**