



Equipment Day Camper Equipment

- Day pack – appx 30L (1800 ci)
- Backpack or duffel bag large enough to hold your gear
- 20 – 30 degree sleeping bag*
- 72" x 24" ground pad or inflatable*
- 2 one-liter water
- Hiking shoes or sturdy sneakers
- Insulating inner layer of clothing
- Insulating middle layer of
- Lightweight, loose fitting long pants that dry
- 2-3 pairs of socks
- Warm socks (wool)
- Underwear (amount at your discretion)
- Hat
- Shorts and tee shirts
- Rain jacket and pants
- Swimsuit and
- Headlamp or flashlight
- Journaling supplies
- Sunscreen / lip balm
- Insect repellent
- Unbreakable cup, bowl, spoon and fork
- Toilet kit (toothbrush, comb,
- Camera (optional)

- Day pack
- 2 one-quart water bottles or suitably packed drinks
- Hiking shoes or sturdy sneakers
- Lightweight, loose fitting long pants that dry quickly
- Warm socks, hat
- Shorts and Tee shirt if weather appropriate
- Rain jacket & pants –even if it doesn't rain they are handy if it gets windy at the sea cliffs
- A second set of clothes is always a good idea especially if the weather is rainy
- Swimsuit and towel
- Sunscreen/lip balm
- Insect repellent
- Camera (optional)

Interested in gear? Every camper gets 15% at our store, Alpenglow Adventure Sports!

* Don't have gear? No problem! We offer rentals

Rock Star