

# SUGGESTED FATHER SON CAMP PACKING LIST

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## SLEEPING:

- Sleeping bag 0-20 degree recommend and/ or bring extra sheets and blankets to insert in your sleeping bag to stay warm.
- Sleeping pad or cot.
- Small Pillow
- Tent
- Tent poles
- Tent stakes
- Tarp to place under tent on ground under tent to keep floor of tent dry
- Rubber mallet
- Extra rain tarp

## CLOTHING/ FOOTWEAR

Think in layers, you can always add warmth and pull off it too hot.

- Pants, T-shirts and long sleeve shirts
  - Shorts not recommended.
- Socks
  - Recommended wool socks if it gets cold.
- Thermal under garments in case it gets cold
- Bedtime clothing
- Closed toe shoes, bring extra pairs just in case.
  - Water shoes recommended if you elect to swim or do cold plunges.
- Rain jacket for rain and can also be used to keep warm
- Jacket
- Coat
- Sock Cap
- Gloves
- Swimming shorts
- Towels
- Bag for dirty clothes to placed in

## **EATING/ DRINKING**

For drinking we recommend a stainless steel double insulated bottle with cap to hold both cold or warm liquids or the following... there will be places to refill those cups with water if needed.

- Water bottle with cap
- Insulated mug or tumbler with lid

## **WEATHER PROTECTION optional but if at all possible bring**

- Rain jacket
- Boots
- Extra tarp for tent

## **TOILETRIES**

- Toothbrush
- Toothpaste
- Towels
- Wet wipes
- Hand sanitizer
- First aid kit!!!!
- Lip balm
- Medicines
- Soap/ Shampoo
- Deodorant
- Insect repellent optional and all natural recommended

## **LIGHTING (battery or solar)**

- Headlamp for each person
- Flashlight
- Tent lantern
- Extra batteries

## **ACTIVITIES**

- Gun range eye and ear protection (optional to bring as will provide basic protection)
- Notebook
- Something to write with
- Bible

- Daypack

## **USEFUL ITEMS**

- Camp chairs/ lawn chairs
- Small dustpan and small list brush to clean dirt from tent
- Couple small trash bags for your tent sight.
- Phone charger
- Solar charged battery pack to charge devices
  - Power banks
  - Solar chargers
- Paracord rope for small needs
- Duct Tape for small repairs on tent, sleeping gear, footwear.
- Repair kits for tent, sleeping pad, sleeping bags, extra- they are small and simple to bring.