

# What to Bring List



## Gear and Supply List for the *Switchback20 Program*

Below is a list of items that are recommended for "Switchback20". This list includes a great deal of forethought, preparation and experience and should be seriously considered. Unless listed as "optional" these items should be brought to camp. This list is based on the 2025 program and should not be compared to previous years' or programs.

This list has links to example items for your convenience. Simply click on an item to see examples or to order from

- [Mess kit](#)
- [Utensils](#) (fork, spoon)
- [Sponge](#) (small pre-soaped works good)
- [Camp shoes](#) (i.e. "cros or sandals")
- Boots (lightweight – no steel toe) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- Socks (both [wool](#) and [cotton](#))
- Rain Gear – (jacket or poncho)
- [Ball cap \(OPTIONAL\)](#)
- Clothes [LIGHTWEIGHT PANTS SUGGESTION](#)
- \$16.00 in quarters (for our staff to wash your laundry on the weekends – this will be collected at check-in)
- 4 [collared shirts](#) for chapel (**in additional to other clothes**)
- Air-seal bags for clothing or large Ziplock style bags (**OPTIONAL - Saves space and keeps clothes dry**)
- [Camp towel \(this is not a traditional towel\)](#)
- Laundry Bag (disposable trash bag works well)
- [Insect repellent \(OPTIONAL\)](#)
- Prescription medication if needed)
- [Emergency glow stick](#) (this is a chemical light, NOT a battery-operated light)
- [Mirror \(OPTIONAL\)](#)
- [Sewing kit \(OPTIONAL\)](#)
- Tool knife (Swiss Army or Leatherman style) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- Sleeping Bag (lightweight) [SUGGESTION 1](#) / [SUGGESTION 2](#)
- Sleeping Pad [SUGGESTION 1](#) / [SUGGESTION 2](#)
- [Backpack](#) (55L – 75L) – **Call for rental availability**
- [Two Trekking Poles](#) (REQUIRED - MUST BRING)
- (3) [32-ounce water storage bottles](#) (wide mouth with measurement marks)
- Ziplock bags (for dry storage)
- [Carabineers or D-clips \(OPTIONAL\)](#)
- [Headlamp](#) w/ 1 extra set of [Batteries](#)
- [Toilet paper](#) (biodegradable)
- [Compact Bible – KJV](#) (must be Old and New Testament)
- [Small notebook](#)
- Pen/pencil
- Personal hygiene items (toothpaste, comb, deodorant, soap, shampoo) **ENOUGH FOR THE ENTIRE 20 DAYS**
- [Hand Wipes](#)
- [Small Hatchet \(PACK SEPARATELY - Handed in to staff at check-in – Used during supervised session\)](#)
- 1 Can of Isobutene fuel (**PACK SEPARATELY - Must be handed in to staff at check-in** [SUGGESTION 1](#) / [SUGGESTION 2](#) Note: For your convenience or for those flying to camp, this can be purchased from the camp by adjusting your registration – [click here](#) or visit our Parent Center at [www.TheWildernessCamp.com](http://www.TheWildernessCamp.com).)
- Backpack Rain Cover - [Rainfly](#) (This is a cover for your backpack to keep things dry in the rain – **This does NOT come with rental packs. Rain Covers should be for backs 55-70 liters.**)
- Snack Shop Money (Recommended \$30 to \$50 per week. This is a 3-week program)
- SPECIAL NOTE: Mark the camper's name or initials on all items. This helps prevent items from being lost, stolen, or confused with other campers that have identical items from this list.**

## What NOT to Bring:

Radios, CD, tape players, MP3 players, electronic games, tobacco/alcohol, nicotine substitutes, essential oils, vaping paraphernalia, illegal products or substances, cannabis in any form, fireworks, tank tops, t-shirts with worldly ads (tobacco/beer/music bands or groups/etc), guns, cell phones, matches, lighters, buck knives, machetes, magazines, and books (beside Bible and notebook). **PLEASE NOTE – All campers in this program will be subject to a bag search during check-in.**