



FUTURE LEADER CAMP

Packing List

CLOTHING

- 1 Pair Athletic Sneakers (*running*)
- 1 Pair Blue Jeans or Similar Pants
- 2 Sets Shorts & T-shirts
- 1 Pair Ankle (Mid) Hiking Boots
- 1 Swimsuit (*one-piece for females*)
- 1 pr Shower Shoes (*Flip-Flops*)
- 1 Set Sleepwear

UNDERGARMENTS

- 7 Pair White Athletic Socks
- 7 Pair Boot Socks (Lightweight)
- 7 Pair Briefs or Boxers (Males)
- 7 Sports Bras (Females)
- 7 Pair Underwear (Females)

GEAR

- 1 Backpack (School Sized)
- 1 Canteen or Camelback
- 1 Sleeping Bag w/ Sleeping Pad
- 1 Knit Cap (*black/navy*)
- 1 Poncho or Waterproof Jacket
- 1 Small Flashlight w/Extra Batteries
- 1 Leatherman/Pocket Tool (*optional*)
- 1 Small First Aid Kit (*optional*)

LINENS

- 1 Pillow, Standard Size & Blanket
- 2 White Pillow Cases
- 2 Sets White Sheets, Twin,
- 3 White Towels, Bath Size
- 3 White Towels, Washcloth
- 1 Roll Quarters for Laundry

SUPPLIES

- 1 Set Toiletries
- 1 Box Laundry Soap
- 1 Laundry Bag
- 1 Bottle Sunscreen SPF 15 or Above
- 1 Set Sunglasses (*optional*)
- 1 Bottle Insect Repellent
- 1 Box Baby Wipes
- 10 Non-Wire Hangers
- 1 Wristwatch (*optional*)
- 1 Camera, Inexpensive (*optional*)
- 1 Small Room/Personal Fan (Recommended)
- 3 Black Ink Pens
- 2 Mechanical Pencils
- 1 Small Notebook/Notepad/Organizer

MARK YOUR EQUIPMENT!

Participants should arrive wearing a set of clothing from the above list to facilitate packing.

Participants are not required to cut their hair for camp. However, due to safety concerns and uniformity, participants with long hair must wear their hair up and off the collar. Only barrettes, elastics, or bobby pins that match the participant's hair color will be worn.

Personal clothing will not bear logos or emblems that would be considered inflammatory or offensive to any group. Foul language, sexually explicit or demeaning comments, racial slurs, and ads for alcohol or tobacco products are examples.

Cell phones and iPods are permitted for use during personal time only. If used during training they will be confiscated. These items are your responsibility.

WHAT NOT TO BRING!

Weapons of any Kind
High Dollar Value Items
Tobacco Products

Knives
TV/Radios
Alcoholic Beverages

Illegal Drugs
Stereos
Offensive Literature

Participants will live in close quarters to one another. Remember not to leave valuables lying around. A bank will be set up during registration to collect valuables and cash for those wishing to secure these items.

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Hiking Boots (Lightweight): To help prevent blisters and potential ankle injuries during training participants should arrive with a pair of “broken-in” hiking boots. We recommend a lightweight boot made of synthetic materials, as the boot will dry faster should it become wet.

The “boot” should be primarily brown, black or grey in color and at least ankle high (also called ‘mid’) to provide support. The boots should provide good traction for rappelling, climbing and hiking over rough terrain.

We recommend visiting a store to try them on to ensure proper fit and comfort. Please remember to fit the boot while wearing a lightweight boot sock and purchase your socks at the same time. There are also a number of online sites that provide instructions for determining proper fit.

No matter where you decide to purchase the boots, take some time to research the different styles and read online reviews before making your selection. Brand and/or price are not always the most important factors. Fit and comfort are, as you will be wearing these boots almost daily.



Back Pack: Again, brand and price are not the most important factors! The back pack will be used to carry MREs (Meals Ready to Eat), a change of socks, a small towel, and occasionally a sweatshirt and change of clothes. It is not necessary to purchase an expensive backpack that will accommodate the sleeping bag and pad, as these items will be transported by vehicle to our camp site. Your school book bag or a “day-pack” that is in the 1500 to 2000 cubic inch range will work just fine.



Hydration: We spend most of our days outside and so hydration is extremely important and constantly monitored. CamelBak, BPA and other companies make a number of products to include Hydration Packs, Insulated Water Bottles and Canteens. We recommend something in the 25 to 50 oz. range. While water is available at all training sites participants need to have water with them at all times. Hydration packs and canteens should be able to be carried while wearing the backpack.

