

Sangre de Cristo Youth Ranch

Packing checklist

Clothes:

- 8 shirts (+ 1 light colored t-shirt to decorate)
- 4 pairs of shorts
- 4 pairs of jeans or long pants
- 7 pairs of underwear
- 7 pairs of socks
- 2 pairs of wool or polypropylene socks
- hiking boots (see description #1 below)
- sneakers
- river shoes (optional)
- swimsuit
- sunglasses or safety glasses
- sun hat
- rain gear top and bottom (see #2)
- 2 fleece tops (no cotton)
- lightweight warm jacket (no cotton)
- long underwear top and bottom (no cotton)
- warm hat (no cotton)
- 2 pairs of work gloves (see #3)
- 2 pairs of pajamas

Supplies:

- stamps for letters, cards home
- toothbrush and toothpaste
- feminine hygiene supplies
- contact lens or orthodontia supplies
- shampoo
- comb or brush
- sunscreen lotion
- insect repellent
- towel and washcloth
- laundry bag or extra pillowcase
- flashlight and batteries (see #4)
- warm sleeping bag (no cotton) (see #5)
- sheet, blanket, pillow, pillow case (see #5)
- compact/lightweight backpacking sleeping pad
- large backpack (see #6)
- small backpack (see #6)
- mess kit (cup, bowl, and spoon)
- 2 sturdy one-quart/liter water bottles
- medications (see med form)**

Do NOT bring valuables, money, candy, cell phones, fireworks, or electronics (cameras- OK)

Do bring acoustic musical instruments and talent show props

Write your name with permanent marker on EVERYTHING.

- 1) **hiking boots:** Bring well-fitting waterproof hiking boots or sturdy waterproof shoes. We will encounter streams, rain and rough terrain while carrying loaded packs on hikes.
- 2) **rain gear:** Waterproof jacket and pants. A poncho can be a useful extra, but cannot be your only raincoat. Freezing rain and hail are common in the mountains.
- 3) **work gloves:** You'll use them almost every day. Be sure they fit well and are strong.
- 4) **flashlight and batteries:** There are no electric lights at camp. Bring extra batteries.
- 5) **warm sleeping bag, blanket, sheets and pillowcase:** These provide flexibility on warm and cool nights. For backpacking, mummy type sleeping bags are preferable.
- 6) **backpack:** This needs to be sturdy, and in good condition, capable of carrying your sleeping bag, spare clothing, and gear. Make sure the waist and shoulder straps fit snugly and comfortably with the pack fully loaded. **small backpack:** For day hikes to carry lunch, warm layers and rain gear.

NOTE: Safety in the backcountry depends on having the right clothes and gear. Cotton warm layers absorb moisture, and can be hazardously cold in harsh mountain weather. You do not need to invest in expensive gear: many of the above items can be found in second hand stores and the essential items can be borrowed from us. Please feel free to call with any questions: 575.613.6808.