

DEER CROSSING WILDERNESS CAMP
HIGH SIERRA OVERNIGHT CAMP
EST 1983

2023 DCWC Packing List

CLOTHING

- ___ 4 t-shirts
- ___ 1 [long sleeved hiking shirt](#)
- ___ 2 long sleeved warm shirts and/or sweatshirts (at least one of these three long-sleeves must be cotton/wool for campfire)
- ___ 1 warm jacket, we recommend a light weight [puffy jacket](#).
- ___ 6 underwear
- ___ 3 pairs long pants/sweatpants, including at least one pair of [hiking pants](#)
- ___ 2 pajamas/sleepwear
- ___ 2 swim suits
- ___ 2 shorts or cut offs
- ___ 8 pairs socks (3 wool, 5 cotton), covering ankles
- ___ 1 pair study athletic shoes
- ___ 1 pair old tennis shoes for water activities
- ___ 1 pair [work gloves](#) for forestry projects (hardware store)
- ___ baseball cap or brimmed hat (not cowboy hat)
- ___ poncho or raincoat
- ___ beanie or warm hat

TOILETRIES – MUST BE UNSCENTED

- ___ 2-3 washable, reusable face masks
- ___ personal hand sanitizer (75% + alcohol) for out-trips
- ___ comb and hairbrush
- ___ shampoo, must be UNSCENTED
- ___ toothbrush and toothpaste, UNSCENTED or mint flavored
- ___ lip balm (SPF 15+), must be UNSCENTED
- ___ sunscreen (SPF 15+, waterproof), must be UNSCENTED
- ___ insect repellent. Solid stick or cream/lotion (NO SPRAYS). Natural repellents are ok. [DEET](#) or [picaridin](#) work better.
- ___ [biodegradable liquid soap](#), must be UNSCENTED
- ___ 1 package moleskin (footcare/drug store) [precut](#) or preferably the [uncut](#) kind so we can adjust it to the hot spot
- ___ personal hygiene supplies

MEDICATIONS

- ___ medications/supplements (MUST be listed on health form. Please minimize non-essential ones.)

DO NOT BRING TO CAMP

- XX open shoes of any kind (e.g. sandals, flip-flops, Crocs)
- XX electronics (e.g. cellphone, Kindle, iPod)
- XX matches or any fire stater
- XX knives or weapons of any kind
- XX bar soap
- XX jewelry or make-up

EQUIPMENT

- ___ 1 pair study, [ankle high hiking boots](#), MUST cover ankles, be broken in, and comfortable (not trail or other shoes)
- ___ **backpack (internal frame preferable, must have a hip belt) [backpack examples](#)
- ___ sleeping bag (warm to 30° f, not over 6lbs) and stuff sack [sleeping bag example](#), [compression stuff sack](#)
- ___ extra blanket (in case of unseasonably cold nights)
- ___ pillow (option: [inflatable pillow](#))
- ___ twin fitted sheet (for camp mattress)
- ___ sleeping bag liner (if desired, helps keep bag clean)
- ___ **ground pad (dense, non absorbent foam; if inflatable, bring patch kit) [foam pad](#), [inflatable pad](#)
- ___ **4' x 8' piece light plastic (for backpacking, under pad) [tent ground tarp](#), [regular tarp](#) (can be bought at hardware stores), or a [rain poncho](#) also works
- ___ 2 towels (bath and/or swimming), [microfiber camp](#) towels are great for backpacking
- ___ laundry bag
- ___ sunglasses with UV protection
- ___ extra pair of eyeglasses and case
- ___ [headlamp](#) and/or flashlight with extra batteries
- ___ 1 liter water bottle (not glass) [Nalgene is a popular option](#) or [Hydroflask](#) if you don't want plastic (but they're heavier).
- ___ **Sierra cup and metal spoon. [A Sierra cup](#) is a lightweight bowl for out-trips, and any metal spoon will work.
- ___ watch or travel alarm clock
- ___ stationery, stamped envelopes, pens/pencils

OPTIONAL

- ___ bag lunch (a must if taking camp bus)
- ___ musical instrument and case
- ___ digital/single use camera (labeled with name)
- ___ rock climbing shoes
- ___ *wetsuit
- ___ *skateboard helmet (for windsurfing)
- ___ mask, fins, snorkel
- ___ trout-fishing gear (campers 16+ must bring a fishing license)
- ___ books/reading materials
- ___ swim goggles
- ___ UV swim shirt/rash guard
- * Deer Crossing has these items, but yours may fit better
- **For two-week campers only. Backpacking items are not needed for one-week campers.
- NOTE: hyper-links (available through the packing list on the DCWC website) are examples, not specific recommendations
- PLEASE: label everything with camper's name