



## WHAT TO BRING to TEEN HIGH ADVENTURE

- Campers will be outside most of the time and should bring rugged clothes that can get dirty.
- Please label items with child's name.

Items needed **while on Tremont campus** (4 days total. Items not needed in the backcountry can be left on campus.)

- Washcloth and two towels – one for bath and one for swimming
- Soap
- Toothbrush and toothpaste
- Change of clothes for return to Tremont at the end of the week, including a pair of socks and undergarments
- Comfortable tennis shoes for dorm and platform tents
- Pajamas or sleepwear for nights in dorm and platform tents
- Swimsuit
- Pillow for use in dorm and platform tents
- Garbage bag for laundry and wet clothes at end of camp

Optional items: reading material, slippers for dorm, additional toiletries

Items needed **during backpack trip** (7 days total)

- Four T-shirts (at least one synthetic shirt)
- Three pairs of shorts – no jeans (at least one synthetic pair)
- One long-sleeve fleece or synthetic blend pullover (no cotton sweatshirts)

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- One pair of long of pants – no jeans
- Four pairs of thin synthetic liner socks – must be tall *not* ankle height
- Four pairs of outer wool socks (no cotton socks while hiking!) – must be tall *not* ankle height
- Undergarments
- Bandanna
- One pair comfortable *hiking* boots – must already be broken-in! (No work boots or steel-toed boots!)
- One pair of sandals or old tennis shoes for swimming & crossing streams (*NOTE: flip-flops will not be allowed for use at campsite or swimming!*)
- Gallon-size ziplock bags – for keeping clothes dry
- WATERPROOF RAINGEAR IS A MUST!!** We recommend a sturdy jacket and pants – not thin plastic material as thin as a garbage bag.
- Sunscreen – preferably fragrance free
- Hat (wide-brimmed or baseball cap for sun protection)
- Small flashlight with extra batteries – a headlamp is preferable
- Two water bottles with secure lids
- Sleeping bag
- Compression sack (for your sleeping bag) – highly recommended.
- Toothpaste and Toothbrush – travel-size
- Optional items: small personal hand sanitizer, wet wipes, “Blister Block” (blister prevention product). Also: playing cards, camera and film, compass. pencil and notebook (must be small and easy to pack)

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**What NOT to Bring:** snacks, food, candy, gum (all of these attract insects and rodents into our dormitory and platform tents). Also don't bring: cell phones, iPods, Gameboys, radios, CD players, hair dryers, curling irons, any electronic equipment, knives or money (our store will be open at registration and on the last day of camp).

Please also leave at home provocative clothing not appropriate for camp that will reflect poorly on you as well as on Tremont in the eyes of park visitors.

PLEASE NOTE: Cell phones are NOT permitted at camp. If you normally depend on one for its camera capabilities, we suggest that you instead bring a digital or disposable camera.

## **More Information on Packing List**

### **Why Synthetic (non-cotton) Clothing?**

When cotton clothes get the least bit wet, they stay wet and will not dry for days on end. Wet cotton clothes only add unnecessary weight and insulate the human body very poorly. If you can bring wool or synthetic blend socks as well as at least one synthetic material shirt and a pair of shorts you will be a much happier hiker! Synthetic blends such as **polyester**, **fleece**, or **wool**, dry quickly and insulate to keep you warm even when wet. Liner socks with an outer wool layer work great. Under Armour, Smartwool, Nike, and REI brand are just a few common brands that are great for the backcountry. You can also talk to your local outdoor outfitter for suggested products.

### **Boots**

Having a comfortable pair of hiking boots can make a huge difference. This is the one item that Tremont recommends you buy new if you don't already have a good pair of boots. You should make sure to purchase the boots at least a month before the start of your trip, and wear them regularly to break them in before hitting the trail with Tremont. Lowa, Asolo, Vasque, Solomon, Keen, and Merrell are all great, and common boot brands. Try on multiple pairs at your local outfitter and find the pair that suits your foot the best.

Gore-tex (waterproof) vs. Non-water proof boots: Most footwear companies now make boots in two options – waterproof (often called Gore-tex) and non-waterproof. The biggest difference in these (besides their waterproofing abilities) is price. Getting a waterproof pair will cost at least \$50 more. Waterproof boots are not required, but there are some important things to consider when making your purchasing decision. First, the Smokies can be a very wet environment, leading to puddles in the trails. If you choose not to get waterproof boots, an extra pair or two of socks can go a long way. Second, if you plan on hiking and backpacking for years to come, the investment in a pair of boots can go a long way; one pair of boots can last multiple years.

### **Raingear**

The Smoky Mountains averages anywhere from 50-100 inches of rain annually, depending on where you are in the park. It is very likely that you will encounter some rain on your trip this summer. Being prepared with adequate raingear is a must. A poncho is by far the cheaper option, and ponchos do have a great benefit of covering your pack as well as yourself. However, we recommend, if you are getting a poncho, a higher quality poncho made of a thicker more durable material. Once it rips, its effectiveness is significantly reduced.

Rain jackets and pants can cost a bit more but they are great to have for everyday use, and can last for years. Make sure you get waterproof material, not water-resistant.

### **Water Bottles**

It is important that you have two water bottles, at least 32 oz (one liter) each. When hiking on the trail all day, you will drink a lot of water. Having a wide mouth water bottle, such as Nalgene brand, is best because these work better with our water filters. Tremont has plenty of extra Nalgene water bottles for your use if you need them.

### **Sleeping Bags Down vs. Synthetic**

Most people who spend significant amounts of time in the backcountry are decidedly either synthetic or down sleeping bag people. Here are the pros and cons of each style. Please make sure you DO NOT bring a cotton sleeping bag.

*Synthetic*: The best thing about synthetic bags (as well as synthetic clothing) is that they dry quickly and will keep you warm even when wet. Here in the Smokies, this is very important. Synthetic bags are also generally cheaper than down sleeping bags.

However, one negative of the synthetic sleeping bag is it is bulkier and a little heavier than down sleeping bags. Over time the stuffing will start to bunch up, and then it will insulate less effectively. If you are concerned about the bag fitting in your backpack, please don't; all of Tremont's staff are experienced at packing a backpack for multi-day trips and can help you make all of your equipment fit.

*Down*: Down bags on the other hand, pack down very small, and can be lighter weight than the bulkier synthetic bags. However, this style sleeping bag is often more expensive and MUST be kept dry. If a down sleeping bag gets wet, it can take days to dry out, and will not insulate. If you are planning on bringing a down bag, it is a great idea to also bring a trash bag to line your sleeping bag stuff sack with to ensure that the sleeping bag stays dry.

### **Backpacks**

Purchasing a backpack for your trip is not required; Tremont has multiple different size and style packs you are welcome to borrow. You can also rent backpacks from many outfitters, including REI. If you are looking to purchase a backpack for your trip, take the following into consideration:

**Size:** For our WAT trips, a 55-65 liter pack is probably sufficient. For our THA trips, a 65+ liter pack is recommended.

**Fit:** Just like shoes, packs fit everyone differently. Make sure to try on multiple different packs to see which one fits best. Your local outfitter will also have weights to put in the pack to give you a feel of how the pack will fit on the trail. Having a pack that fits comfortably can be just as important as its size.

If you have any further questions regarding equipment, feel free to contact us.

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