

Ranger Packing List

(In addition to this list, also send the items from the One Week Session Packing List as listed in the Parent Pack for the time that the Ranger will spend on Camp)

We realize that the expense of outdoor equipment is often an issue and hope that the equipment bought will be used on more outdoor adventures later. You may own some of the items or you might be able to borrow them. If you need to purchase items, they can often be found at local retail outdoor clothing and gear stores, or you can also order from the following:

L.L.Bean at The Promenade 500 Rt. 73 South, Marlton, NJ 08053, 1-800-221-4221, llbean.com

R.E.I. 501 Route 73 South, Marlton, NJ 08053, 1-856-810-1938, rei.com

R.E.I. 200 W Ridge Pike Ste 115 Conshohocken, PA 19428, 1-800-426-4840, rei.com

Campmor PO Box 700-E, Saddle River, NJ 07458, 1-800-226-7660, campmor.com

EMS at the Moorestown Mall, 400 Rt. 38, Moorestown, NJ 08057, 1-856-234-3030, ems.com

Dick's Sporting Goods, various locations in Tri-State area, dickssportinggoods.com

You can check the reverse side of this list to get specifications on the gear to help you with your packing.

Personal Equipment for the Trip

- Sleeping bag (**light weight and compressible**)
- Sleeping pad
- Book bag
- Flashlight or headlamp (extra batteries & bulb)
- Garbage bags (4)
- Large zip lock baggies (5)
- Wide mouth plastic bottles (2)
- Toothbrush/toothpaste
- Comb/brush
- Small Towel
- Insect repellent (non-aerosol)
- Biodegradable & unscented soap, lotions, & deodorant
- Suntan lotion (30 SPF.)
- Eyeglasses with strap (Contact Lenses are not permitted on trip)

Clothing for the Trip

- Lightweight hiking boots (Please wear them for 2 weeks before coming to camp)
- Sneakers or sandals w/ a heel strap (to wear in the river)
- Lightweight wind pants (**water resistant or waterproof**)
- Lightweight wind jacket w/ hood (**water resistant or waterproof**)
- Hiking shorts: (2-3 Pairs)
- Sock Liners (**no cotton**): (2-3 Pairs)
- Wool or synthetic hiking socks (**no cotton**): (4 Pairs)
- Long underwear top or warm long-sleeve shirt
- T-shirts (2-3 pairs)
- Swimsuit (**no cotton**)
- Baseball or wide brim hat
- Bandana (2-3)
- Undergarments

Optional Items

- Camera & film (extra batteries)
- Sunglasses
- Paperback book

The following is a list of equipment that camp will be supplying for the Ranger trips. We strongly recommend that campers do not bring any equipment from this list with them.

Backpacks/ Tents/ Water filter/ Hiking stoves/ Dry bags/ Plates/ Silverware/ Cooking pots/ Cooking utensils/ Camp Knife/ Lifejacket/ Toilet paper/ Cat hole shovel

Ranger Packing List (con't)

Boot Fitting

Place foot in boot wearing two pairs of socks to be used for hiking. The thin pair (sock liner) prevents friction next to the skin and transfers moisture; the heavy pair (hiking sock) absorbs moisture and acts as a cushion.

Place foot on the floor, with boots unlaced; slide the toes forward so they touch in front. There should be about 3/8 to 1/2 inch for you to insert a finger behind the foot and touch the inner sole. Tie the boot snugly; the toes should no longer touch the front of the boot, even when you try to force your toes forward. Generally, boots should have plenty of toe room, but be snug everywhere else.

Make sure that when the boots are tied, the ankle section fit securely to the leg. Many boots are too large in the area, requiring constant retying of boots.

Specifications

Sleeping bag w/ stuff sack – A lightweight three-season bag (35-50 F) will work. Down bags are lighter and compress well, but not when wet. Synthetic bags (Polarguard, Hollofil, ect.) work well especially when wet, but are a little bulkier. Both bags will work fine, and mummy styles are preferred. Rectangular bags will not compress and are heavy. **MAKE SURE THE BAG WILL COMPRESS DOWN TO FIT THE SMALL SPACE OF A HIKING PACK and DRY BAG. Please only bring bags with a temperature rating of 35° or higher. A bag for colder weather is just extra weight to carry and too hot for the weather.**

Sleeping pad – closed-cell foam pad or Thermarest pad. Full-length to provide protection for sleeping bag from dampness and dirt and provide comfort and insulate from cold ground.

Book bag- Just a regular schoolbook bag will work fine. You will be using it to pack extra clothes for the re-supplies.

Flashlight or headlamp – make sure it is lightweight and small

Wide mouth water bottles – Nalgene bottles are the best, make sure what you use does not leak.

MAKE SURE YOU COME WITH TWO BOTTLES. IT IS IMPORTANT YOU ARE CARRYING ENOUGH WATER WITH YOU.

Eyeglasses with strap – Contact lenses are not permitted on the trip **(Please note! Do not take contact lenses on the trip. It is impossible to maintain the level of cleanliness necessary for handling the lenses.)**

Hiking boots – A lightweight three-season boot will work the best. Make sure they are waterproof and **WELL BROKEN-IN BEFORE YOU COME TO CAMP.** It might take a couple of weeks to a month to break-in.

Sneakers or sandals – OLD PAIR, they will get wet and muddy in the river. If you bring sandals make sure they have a heel strap so they will not fall off.

Lightweight jacket and pants – **waterproof or resistant** to wear if raining & loose-fitted to wear over layers.

Hiking shorts – nylon or nylon/cotton blend will dry faster than all cotton

Sock Liners – polypro/thermax/coolmax, etc. These are important for blister prevention.

Hiking socks – wool/polypro/thermax, etc. **NO COTTON.** Cotton socks worn next to the skin is the #1 cause of blisters.

Long underwear top – polypro/coolmax/fleece. Shirts that will keep you warm during chilly mornings and evenings.

T-shirts – any will work, but cotton/polyester blend is the best.