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Frontcountry Camping Packing List

Overall Categories of Gear

- **Group Gear:** Group gear is equipment provided by Sierra STEM to use on the program. You *do not* need to personally purchase or bring any of these items.
- **Personal Items Provided by Sierra STEM:** These are items that you will receive from Sierra STEM at the start of the trip. Items marked with an asterisk (*) are items that you get to keep as souvenirs after the trip!
- **Required Personal Equipment:** These are significant items that you may need to purchase and bring for yourself. Know how to use them and try them out before the trip.
- **Required Clothing:** You will need clothing that will keep you comfortable during the days when temperatures could reach the 70s and at night when temperatures could reach into the low 30s (or even a bit below). AVOID ANY cotton clothing!
- **Other Required Essentials:** These are smaller items of gear that you are required to bring for yourself.
- **Toiletries:** Think small/travel sized. No Costco sized items! Remember, we won't be showering during this trip, so everyone will be smelly. That's part of the experience!
- **Optional Gear:** These are items that you may choose to bring along.
- **DO NOT BRING:** Items that you should NOT bring under any circumstances

Additional Notes

- Pack all clothing and equipment into your duffel bag or backpack.
- Clearly label everything with your name.
- Prepare for a variety of temperatures and weather conditions. Think about how to stay warm when it's cold and cool when it's hot. Dress in layers!



Group Gear (will be provided by Sierra STEM)	
Tents	Tent body, ground cloth, rain cover, poles, stakes
Essential Camping Gear	Map/compass, fire materials, first aid kit, cord/tape, TP/trowel
Cooking and eating tools	e.g., stoves, pots, dishes, spoons, knives, biodegradable soap
ALL food	Do not bring ANY food or snacks
Personal Items Provided by Sierra STEM	
Journal/pen*	Custom Sierra STEM journal provided; needed throughout trip
Sierra STEM beanie*	Knit beanie for chilly nights/mornings; needed throughout trip
Required Personal Equipment	
Lightweight, high-top hiking boots or trail running shoes	These are a MUST. Break them in by wearing them a few hours a day (walking/hiking) for at least 3-4 weeks prior to the trip. "Snow boots" are not recommended.
Daypack	A hiking backpack large enough to carry your personal gear for a day. These items include: a rain jacket, fleece/puffy, journal, pen, water bottle, and lunch.
Sleeping bag	Down or synthetic fill to keep you warm down to temperatures of 20°F or below (recommended rating: 0-20). If you know that you sleep cold, plan accordingly with a warmer sleeping bag.
Sleeping pad	Inflatable or foam pads are recommended (Thermarest is an example of a popular brand). Inflatable pads offer more comfort, but occasionally pop. Foam pads are less comfortable, but more durable. Some people put an inflatable pad on top of a foam pad to prevent the inflatable pad from popping.
Required Clothing	
Jacket	Down is strongly recommended. Lightweight down puffer jackets work great.
Rain jacket	Waterproof (not water resistant) shell is mandatory, regardless of the forecast for the week. A rain jacket also makes an excellent wind shell jacket.
Socks	Wool or synthetic; NO cotton. Bring 2-4 pairs for the trip; they



	will get smelly, but could be reworn.
Camp shoes	Lightweight sandals with a backstrap for use around camp and can dry quickly (e.g., Crocs, old tennis shoes, heel-strapped sandals that can be worn with socks). NO flip-flops.
Hiking shorts/pants	Quick-drying synthetic fabric; NO cotton or denim/jeans!
Shirts	2-3 short- or long-sleeved shirts (at least one of each is ideal). Synthetic material or merino wool (NO cotton) with UPF rating for sun protection is recommended. If you have a “sun hoodie,” that could be a good choice!
Warm top layer	Lightweight long-sleeve top (e.g., fleece pullover). NO cotton!
Underwear	NO cotton. Recommend bringing 2-4 pairs for the trip (rinse/rewear), but bring however many you feel you need.
Sleeping clothes	Warm leggings, long underwear, or non-cotton sweatpants for the bottom. A long or short-sleeve shirt/top. An extra pair of socks just for sleeping (and for emergencies) is recommended.
Thermal underwear (e.g., “long johns”)	Top and bottom. Polypropylene is popular. NO cotton! Can double as sleeping clothes.
Sun hat or cap/visor	This is a MUST for sun protection! Baseball caps, bucket hats, or visors all work well.
Other Required Essentials	
Water Bottles (1-2)	At least one liter. Nalgene-type (“indestructible”) plastic bottles are recommended, especially over Camelbak-style bladders (prone to rips/leaks), but if you choose to bring a bladder, also bring a water bottle as a backup.
Sunglasses	UV Protection is a MUST. Polarized recommended. Add a strap (e.g., “croakies”) to prevent loss.
Headlamp	Put in fresh batteries and/or carry a spare set of batteries.
Bandanas	1-2 recommended
Spare stuff sack	Use it for clothing storage and as a pillow at night. Empty pillowcase also works.
Toiletries	



Toothbrush	Don't forget this! Everyone else will thank you!
Toothpaste	Small travel size
Sunscreen	Small travel size will be enough
Lip Balm (e.g., Chapstick)	This is a MUST because of high altitude, sunshine, and winds. We highly recommend UPF lip balm.
Personal medical items	Including feminine hygiene products, if necessary. Inform trip leaders where you will be keeping any prescription medication, inhalers, epi-pens, etc. Non-prescription medication (tylenol, ibuprofen, benadryl) will be available from trip leaders. Don't forget contacts/glasses, retainer, etc, if relevant for you.
Optional Gear	
Trekking poles	Not necessary, but some people like to use them when hiking
Gaiters	Not necessary, but some people like to use them when hiking
Swimsuit	There may be an opportunity to swim
Lightweight towel	Quick-drying chamois or "multi-towel" ideal; cotton hand towel is a workable substitute. Can come in handy, but isn't required.
Bug repellent or head net	Protection from bugs can be nice, but most can do without
Camera	While optional, many participants bring a point-and-shoot or disposable camera.
Reading Book	Either a small paperback or no book at all. Participants will seldom get the opportunity to read.
Lightweight gloves	Fleece-style are fine (NO cotton). Should be light/packable.
Deck of cards OR small games	There won't be a ton of time for games during free time, but some people like to bring these.
Earplugs	Some people bring a few pairs as a sleep aid
Binoculars	Totally optional; lightweight pair only, if any
Travel Gear	
Travel Clothes	Comfortable shirt/pants and sandals/shoes that will stay clean to wear on the bus during travel days



Activities for Bus	You may want to bring a book or a deck of cards for the bus ride
DO NOT BRING	
Knives	Do not bring any knives of any sort
Candy, gum, or food	Do not bring any food of any sort!
Bear spray	This is NOT necessary in CA and is considered a weapon.
Deodorant, makeup, jewelry, perfume, cologne	Jewelry is likely to get lost or damaged. Leave any “smelly” stuff at home. We are already all going to be smelly together!
Hairdryer, comb/brush, etc.	You will not have any chance to use these!
Electronic devices	No drones, video games, tablets, laptops, AirPods, or devices. No Garmin or GPS locators needed. Cell phones are NOT permitted (risk of loss/damage/theft). Note: we will also NOT be playing any music in wilderness/outdoor settings at any time.