

BLUE RIDGE EXPEDITION Packing List

- Backpack - at least 4000 cubic inches- **OPTIONAL*see details below**
- Small day pack - book bag size or a day pack with included water bladder
- Sleeping bag - rated to 40 F
- Sleeping pad – Thermarest is one name brand
- Plastic ground sheet
- Katadyn MyBottle Purifier (limited supply available opening day at GRP camp store; also available through Diamond Brand.)
- Toiletry items: toothbrush, toothpaste, travel size shampoo/conditioner, biodegradable soap, antiperspirant clogs pores and is not advised; deodorant is fine
- Headlamp or small flashlight with extra batteries
- Pocket knife – 2.5 to 3.5 inch high carbon steel, non-serrated, locking blade. **No swiss army knives.**
- Plastic whistle
- Mess kit including bowl, cup, spoon & fork, or spork
- 2 towels – one of the towels should be a quick drying pack towel
- Sunscreen
- Bug spray –look for natural, non-Deet, non-aerosol
- 1 pair of broken in hiking boots
- 1 pair of tennis shoes – can be old
- 1 pair of water shoes or sandals with straps – no Velcro, please
- 1 swimsuits – one piece or tankini recommended because life vests will chafe bare skin; **no bikinis**
- 5 pairs of shorts including two pair that are quick dry material
- 2 pairs of long pants – at least one pair that are quick dry; may be zip off
- 2 long sleeve shirts – at least one that is quick dry material
- 5 short sleeve shirts – at least 2 that are quick dry material
- 8-10 pairs of underwear – synthetic material is best
- 3 pairs of cotton socks
- 5 pairs of wool or non-cotton hiking socks
- 2 pairs of synthetic sock liners- **Recommended if prone to blisters**
- 1 set of non-cotton long underwear
- 1 fleece jacket or sweater
- 1 warm wool or fleece hat
- 2 bandanas
- 1 Rain suit – jacket and pants
- Extra zip-locks and garbage bags –trash compactor or contractor bags are best
- Camera – optional
- Journal notebook with pen or pencil in zip-lock bag
- Reading book

**BACKPACKS CAN BE RENTED FROM GRP FOR \$25 IF RESERVED IN ADVANCE.
Please email anne@greenriverpreserve.org