



White Stag Sierra Bring to Camp List

Bring only the gear listed below. You must be prepared to carry everything you bring on a hike. Choose the quality and type of gear you bring carefully. All personal gear must be brought to camp packed in a backpack except that you may pack some personal gear in a day pack. Put name tags in clothing and on gear to make it easier to return if lost. We are not responsible for any lost, damaged or misplaced items.

Note: Do not bring personal electronics of any kind, including cell phones. Non-essential items will be held for you and stored for safekeeping until graduation.

- Frame (adjusted to fit) or frameless backpack
- Sleeping bag (rated to 32°F)
- Lightweight sleeping pad
- Day pack
- Backpack tent (1-2 person, with ground sheet)
- Personal mess kit (spoon, fork, plate, bowl, cup/mug)
- Trash bag
- Toilet kit (bagged)
 - Toothbrush, toothpaste
 - Shampoo & soap
 - Comb / brush / hair ties
 - Washcloth & towel
 - Emergency medications / inhaler (prescription only)
 - Females only: personal care items
- Compass
- Durable canteen / water bottles (2 qt. total)
- Personal first aid kit (small)
- Small flashlight or headlamp (with extra batteries)
- Sunscreen, insect repellent, lip balm
- Pens and pencils
- Sewing kit
- Small pocket knife
- Dunk bag
- Sack lunch for first day
- Clothes (no camouflage; bagged)
 - Sturdy pants (2 pair.)
 - Hiking/walking shorts (no more than 4 inches above the knee)
 - T-shirts (2)
 - Underwear (min 3 pair)
 - Swimsuit (girls: one piece only)
 - Lightweight socks (2 pair)
 - Heavyweight socks (2 pair)
 - Pajamas (or thermal underwear / synthetic base layer)
- Warm jacket
- Rain gear (lightweight)
- Hiking boots (broken in)
- Sneakers
- Flip flops / sandals (for shower)
- Optional:
 - Camera (with extra batteries)
 - 6-8 snack/food bars
 - Sunglasses
 - Hat (with brim)
 - Backpacking type pillow
 - Small amount laundry detergent for hand washing clothes

Enrollment is limited. Apply early to assure yourself a space.