

Carlos D'Assumpcao's personal packing list for a 3-day expedition/lightweight spring camp

Note: This is what I pack for a 3-day expedition/lightweight spring camp. How I decide on this list is based on my personal camping experiences. You do not have to follow this list word for word. You can make your own packing decisions based on your own experiences. When you acquire enough experience, you will be able to come up with your own list for any camp for any season for any length of time.

Some of the items on this list you may not have. If you do not have an item, I suggest that you DO NOT go out and buy it. Use your own judgement and bring the next best thing from what you have at home. A good idea is to borrow from a friend who has the item and who is not going to camp. Do remember to promptly clean the borrowed item and return to its proper owner after camp.

If you do decide to purchase an item on the list, do your homework and research the item, as you would with any equipment purchase. Research its price, its features, its pros and cons, any alternatives with possible stores that carry the item. Shop with a budget. Know what you want to buy before entering a store. Pick the best variation of the item that suits your needs. For more advice, ask the leaders and your parents. Your parents have a lot of experience, but you must know when to listen to their every word and when not to. They might not have gone camping as often as you have.

THE LIST

1 set of clothes on the trail for hiking – NO COTTON

1 set of clean clothes for spare/emergencies/night-time

Wear 1 set, Pack 1 set

- Polypropylene shirt, long sleeve
- Quick Dry shorts, swimming trunks with boxers are okay
- wool socks, 1 pair, reusable day after day, can be air-dried at night
- 1 pair liner socks per day, cotton is ok for this, Coolmax is better though
- sleeping sock
- quick dry underwear: boxers dry quicker than briefs
- 1 pair of hiking boots, high cut, good ankle support, good traction, water repellent, if leather treated with wax or Snoseal
- 1 pair of camp shoes, sandals ok, runners are too heavy
- rain gear: water repellent jacket with water repellent hood, water repellent pants
- fleece jacket
- fleece pants
- toque for warmth, hat for sun
- set of gloves, sunglasses

Nylon fabrics vs. technological fabrics (Gore Tex, Scotch Guard, other materials)

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RE: Water Repellence

Cotton vs. Synthetics (polypropylene, QuickDry, DryFit, Fleece, other materials)

RE: Warmth when wet

(Wool is an exception)

The Concept of Layering