

# CAR CAMPING PACK LIST

Foam Sleeping Pads are heavier but insulate better (keeps you warmer)



Inflatable Sleeping Pads are Lightweight and easier to pack but provide less insulation



## Recommended:

- ◇ Sunglasses
- ◇ Lip Balm
- ◇ Insect Repellant
- ◇ Rain Jacket/Pants
- ◇ Glasses Leash
- ◇ Camp Shoes/Sandals
- ◇ Extra Cash for park entry fees, souvenirs or meals after trip

## Essential:

- ◇ Sleeping Bag\*
- ◇ Sleeping Pad\*
- ◇ Pillow
- ◇ Pants/Shorts
- ◇ Shirts
- ◇ Shoes (appropriate for hiking)
- ◇ Socks (wool socks are best for cold weather trips)
- ◇ Underwear
- ◇ Flashlight or Headlamp\*
- ◇ Sleepwear
- ◇ Toothbrush/Toothpaste
- ◇ Personal Hygiene Items/Medications
- ◇ Jacket
- ◇ Gloves
- ◇ Warm Hat
- ◇ Hat
- ◇ Lunches
- ◇ Water Bottle
- ◇ Sunscreen

\* available for rent Outdoor Adventures

Dinners and breakfasts are provided by Outdoor Adventures on all car camping trips. We try our hardest to accommodate all food restrictions and allergies, however, if you have a highly restrictive diet we recommend bringing additional snacks to supplement the food provided.

Checking the weather the week leading up to your trip can help you determine what types of clothing to bring. It is important to check both the high and the low temperatures because it can fluctuate throughout the day.

The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants.



## Optional:

- ◇ Camera
- ◇ Notebook
- ◇ Pen/pencil
- ◇ Binoculars
- ◇ Frisbee
- ◇ Cards



## DO NOT BRING:

Weapons—Drones/Other expensive electronics—Drugs—Alcohol— Textbooks—  
Cotton clothing (jeans *are* cotton)