

REQUIRED PERSONAL EQUIPMENT LIST

2023 OKLAHOMA 4-H OUTDOOR ADVENTURE

SLEEPING

- Sleeping bag (30 to 40 degree bags).
- Sleep clothes - worn only in sleeping bag (T-Shirt, Socks and Boxers)
- Foam or Thermarest sleeping pad – Pad rental available \$12.50-18.75/week

WEARING

- Hiking boots - well broken in
- Lightweight closed toe sneakers, tennis shoes or sandals (enclosed toe) for camp
- 3 pair backpacking blend socks (wear 1 in and pack the others) or
3 pair heavy wool socks and 3 pair lighter inner socks
- 2-4 changes of underwear
- 3 T-shirts - Lightweight cotton or synthetic
- 2 pairs of hiking shorts - Lightweight cotton or synthetic
- 1 long sleeve shirt - Lightweight cotton or synthetic
- 1 sweater/pullover/jacket - wool, fleece or synthetic
- 1 hat or cap - flexible with brim
- 1 wool or fleece cap or ear band
- 1 sturdy rain suit or backpacking poncho (absolutely necessary)
- 1 pair long underwear top and bottom - wool or polypropylene
- 1 pair long pants - Light weight cotton or synthetic (no blue jeans or sweats)
 - If you have rain pants, this will substitute
- 1 lightweight jacket - wind breaker If you have rain jacket, this will substitute
- 1 pair gloves – wool or fleece
- Belt

EATING

- Deep bowl (small and lightweight)
- Cup
- Spoon
- 2 - one quart water bottles minimum (A)

PERSONAL AND MISCELLANEOUS

- Flashlight or headlamp (small with extra batteries)
- Small towel or bandanna
- Toothbrush
- Toothpaste
- Sunglasses
- Personal Medications - Over the counter or Prescriptions

OPTIONAL ITEMS

- Small pocket knife (A)
- Lip balm
- Comb
- Watch
- Foot powder
- Note pad and pencil
- Wet Wipes (biodegradable style ones available at hunting supply stores)
- Crazy Creek camp chair
- Trekking poles

Do Not Bring

- Perfumes or cologne
- Large knives or hatchets

Code

(A) Easily accessible in pack or carried on person

Use a very small duffel bag for personal clothing/gear. Our space is limited.