



Dream Team - Suggested Packing List for Campouts

A few tips to make packing and baggage carrying easier for everyone:

- ** Make sure all items that you do not want to get wet are placed in zip lock bags for protection. **
- Use a sturdy duffel bag or small (carry on size) suitcase or small plastic totes for your personal items. Sleeping bags, blankets, pillows MUST be kept in a duffel bag or similar carrying bag. DO NOT leave these items loose or strap them to the outside of the duffel bag. They will either be damaged, become wet or lost. Grocery sacks or garbage bags are NOT luggage. Use of grocery sacks, garbage bags, or zip lock bags work well for keeping items dry and separate INSIDE duffel bags or suitcases.
- Do not over pack. Preplan what you will need to wear. As a reminder – YOU will be lifting your luggage into the support truck. If you can't lift your luggage to at least your shoulders, make it lighter!
- Do not pack beverage containers such as Gatorade or pop in your luggage!! The team will provide drinks. These will break open and leak during luggage handling.
- Make sure all luggage, tents, totes are marked and identified as yours. Use luggage tags, bright duct tape or colorful string/ribbon to mark yours. Your name needs to be on each piece of luggage you bring.

Packing List:

- Sleeping bag, blankets, pillow (place in waterproof bag and pack in duffel or other luggage)
- Shower/bathroom stuff: (use zip lock plastic bags) shampoo, soap, toothpaste, toothbrush, brush/comb, deodorant, shower shoes, towels/washcloths
- Clothes: pack each outfit (top, bottom, underwear, socks) in a large zip lock bag. Pack additional items in additional zip lock bags. Suggested clothing are shorts, t-shirts, long pants (jeans or sweat pants), underwear, sports bras (girls), socks, light jacket or rain coat, extra pair of shoes, sweatshirt or hoodie, something to sleep in
- Biking gear (keep with you for trip out): helmet, riding gloves, riding shorts, jersey
- Biking gear (pack for return trip): riding shorts, jersey
- Tent (contact a mentor if you do not have a tent)
- Other gear: Bug spray, sun screen, lip balm with SPF, flashlight, small bag to carry towel and shower supplies to the shower
- Optional items: electronics chargers, clothes pins for drying clothes, ground tarp for under your tent, sleep pad

PLEASE NOTE: If you use an inhaler or have an epipen, you must keep that with you at all times – wear a fanny pack or carry in your bike bag. Any medications (prescription or over-the counter) must be given to the proper mentor prior to departure for the trip.

Questions? Call your assigned mentor. Updated information will be sent via email or text.