

# GACPACKING LIST

## (ON THE TRAIL)



### Upper Body Layers

- 2 T-shirts** - Bring a synthetic t-shirt because they dry quickly. No cotton please.
- 1 Base Layer** - A comfortable long sleeve shirt - a wide range of fabric options: synthetics like polyester and nylon or natural fibers like merino wool.
- 1 Middle Layer** - This can be a polyester fleece, a down-insulated jacket, or a synthetic-insulated jacket. In general, thicker (puffier) equals warmer, but efficiency of the material is also important.
- 1 Waterproof Shell/Rain Jacket** - Sturdy breathable waterproof jacket. Make sure it is large enough to fit over insulating layers.
- 1 Fleece or Wool Hat** - A warm beanie made of fleece or wool
- 1 Baseball or Sun Hat** - Good for sun protection.
- 1 pair of Gloves** - Warm fleece or wool gloves.

### Lower Body Layers

- 1 pair of Hiking Shorts** - Comfortable athletic shorts or river shorts.
- 1 pair of Hiking Pants** - Lightweight breathable hiking pants.
- 1 Mid/Outer Layer** - Heavyweight fleece pants.
- 1 pair of Rain Pants** - Sturdy breathable waterproof pants. Make sure they are large enough to fit over insulating layers.
- 2 pairs of Underwear (and Sports Bras, if applicable)** - Capilene or silk recommended, cotton also works.

### Gear

- 1 Backpack (Optional)** - We will provide a backpack. If you choose to bring your own, you will need a sturdy internal or external frame backpack. We recommend an internal frame pack from companies such as Osprey, Deuter, Gregory or similar. We recommend a volume of 55-70 liters, which can be used for longer trips (like OLC) in the future.\*
- 1 Sleeping Bag** - We recommend a lightweight down or synthetic filled sleeping bag rated to at least 20 degrees. A highly compressible and lightweight bag is best.\*
- 1 Compression Stuff Sack** - Helps compress sleeping bag and give you more space in your pack.
- 1 Sleeping Pad** - Full length closed cell or inflatable ground pad to insulate under your sleeping bag.
- 2 Water Bottles/ Hydration System** - Must have two containers and a capacity to carry at least 64oz of water. One water bottle and a Camelbak or Platypus is great. Two 32oz water bottles also work.
- 1 Watch** - No smart watches, but one with an altimeter function is permitted.

### Footwear

- 1 pair of Boots or Hiking Shoes** - Sturdy hiking boots or shoes with good ankle support and tread. Need to be well worn in. No brand new shoes.\*
- 2-3 pairs of Socks** - Crew length synthetic socks.
- 1 pair of Liner Socks** - Optional. If prone to blisters, lightweight liner socks can help wick away moisture.
- 1 pair of Camp Shoes** - Very lightweight closed toed shoes. Open toed shoes not acceptable. Crocs are acceptable.
- 1 pair of sturdy Water Shoes** - For fording streams.

*\*Please make sure that hiking boots or shoes are well worn in before the trip. Walk or hike in your boots for at least a few weeks and make sure that your feet are comfortable. This is essential and will make for much happier feet along the trail.*

### Miscellaneous

- 1 Neck Gaiter Style Mask**
- 1 Sunscreen** - Travel Size
- 1 Sunglasses** - Should be 100% UV resistant. Bring a sturdy case.
- 1 Bandana** - Useful for many purposes.
- 1 Headlamp** - LED preferable. Bring extra batteries.
- 1 Toiletries/Personal Hygiene Items** - Travel size works best.
- 1 Notepad** - Small lightweight pad.
- 1-2 Pen or Pencil**
- 1 Hand Sanitizer** - Small bottle, alcohol based is preferred.
- 1 Insect Repellent** - Small bottle, no aerosol sprays.
- 1 Camera** - Compact with sturdy protective case.

*\*Purchasing a backpack and sleeping bag can be a big step. We recommend going to an outdoor store such as REI. The staff at REI are very knowledgeable and will help you make a great decision. Also, let us know if you have any questions and we can help you find the right gear.*


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## (IN CAMP)

### Clothing


- 4 pairs Underwear
- 1 set Pajamas
- 2 pairs Shorts
- 3 T-shirts
- 1 pair Jeans or sweatpants
- 1 Sweatshirt

### Swimgear

- 1 Beach Towel 
- 1 Swimsuit (one piece swimsuit recommended for girls)

### Footwear

- 3 pairs of Socks

 Indicates item is available for purchase in the camp store.

Laundry is done by camp staff for every camper once per two-week session.

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## Packing Tips

### Luggage

- All luggage must be tagged with camper's name. We will send luggage tags in April. Additional luggage tags will be available at camper drop-off on the first day of the session.

### Labels

- All of your camper's clothing and belongings must be clearly labeled with your camper's full name. Items that are not labeled are unlikely to be returned to your camper if lost in the cabin or around camp.


### Climate

- Gold Arrow Camp is located at 7000 feet, and the trail reaches even higher elevations. During the hike through mountain passes over the Sierra, overnight temperatures are even colder. Be sure your camper's sleeping bag is rated to at least 20° (or lower), so that your camper will be warm at night.

### What Not To Bring

- Do not send any of these items, as they are not allowed: food, candy (including gum), cash, water guns, silly string, water balloons, sling shots (or any other weapons), electronic games, cell phones, e-readers, Apple Watches, or other watches with connectivity, fireworks, knives, matches, lighters, tobacco, alcohol, or illegal drugs. Items such as cell phones and portable gaming devices will be sent home and the postage will be charged to the camper's store account. For campers traveling by air, cell phones and travel money can be held in our office.


### Bath

- 1 Bath Towel & 1 Wash Cloth
- Toiletries & Toiletry Bag (Including: toothbrush & paste, soap, shampoo, hair grooming supplies, nail clippers, lotion, & lip protection with sunscreen. All of these items are available in the camp store.) 


### Bedding

- 1 Pillow
- 1 Pillow Case 

### Equipment

- 3 Face Coverings/Masks (Disposable or Washable. We will supply extras.)
- Laundry Bag 

### Optional Items

- Books
- Stationery (including stamps) 

- Do not send cameras, watches, flashlights or other devices that require electric charging. Campers will not have access to an electric outlet to charge anything during their stay, both in camp and on the trail.
- Do not send valuable items such as expensive cameras and jewelry.
- Send clothes that do not require dry cleaning or special washing. When possible, avoid purchasing new or irreplaceable items for camp, as they could get lost.
- If you want to bring some personal athletic or camping equipment that is not on the packing list (e.g. fishing pole, tent), please receive permission through the camp directors first. We provide quality equipment and extra items are probably not necessary.

## Have More Questions?

Please call the camp office at  
**800-554-2267**  
or email at  
**mail@goldarrowcamp.com**

### To Help with Your Packing

Gold Arrow Camp recommends a few companies to help busy parents shop for camp clothing and equipment. It is not required that you purchase items from these vendors. For links to these websites, please visit "[Getting Ready For Camp](#)" page in the GAC Families section of the camp website.