

## PRE-ORIENTATION EXPERIENCE

### PACKING LIST (Ironman)

At Camp Chingachgook we spend the majority of our time outdoors. Proper clothing and gear are essential to a positive educational experience. On the Ironman Pre-Orientation Experience it is recommending that you bring all of the items below.

#### Clothing (includes what you are wearing)

- Rain jacket (durable, not a plastic poncho)
- Rain pants
- Sweater/jacket (wool, fleece)
- Synthetic t-shirts (1 or 2)
- Synthetic shorts or light pants (not jeans/Carhart material)
- Long underwear tops and bottoms (NON-COTTON)
- 2 sets of undergarments
- 2 pair NON-COTTON socks
- Winter hat
- Hiking boots (waterproof preferred)
- Closed toed shoes for in camp (light weight if possible)

#### Gear

- Sleeping pad
- Sleeping bag (compact; rated for 30° or 40°)
- Frame backpack (internal or external >40 liter)
- Garbage bag or dry bag
- Head lamp or flashlight & extra batteries
- 2 water bottles (1 liter/32 oz.)
- Bowl & spoon
- Pocket knife
- Pencil & notebook (pocket sized)
- Toothbrush & toothpaste
- Sunscreen
- Sunglasses
- Water
- Medication

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**Optional:** Brimmed hat, bug repellent, bandana, reading materials, non-electronic game items.