



Packing List

2025 Sonlight Adventures Trips!

High School Intro Trip: Arrive **June 22nd** between **4:30-5:30 pm** | Depart **June 28th** at **8am**

Young Adult Backpack Trip: Arrive **June 29th** at **5pm** | Depart **July 2nd, Mid-afternoon**

High School Advanced Trip: Arrive **July 6th** between **4:30-5:30 pm** | Depart **July 12th** at **8am**

Women's Trip: Arrive **July 27th** at **4:30-5:30 pm** | Depart **August 2nd** at **8am**

Young Adult Samper Trip: Arrive **Aug 4th** at **5pm** | Depart **Aug 9th** at **9am**

Packing Note:

Sonlight provides all gear (including backpacks, tents, sleeping bags, stoves, fuel, water treatment, bikes, tubes etc.) However, you must bring the right layers of clothes! Waterproof and warm layers are essential items for treks in the backcountry.

You need a lot less clothes than you might think – our guides can help you determine what you actually need during packing! It is better to bring options to the Adventure Base and the guides can help you determine which layers to carry.

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| <input type="checkbox"/> All Required forms due by May 15, 2025 | <input type="checkbox"/> 1 or 2 T-Shirts |
| <input type="checkbox"/> Tuition , paid in full by May 15, 2025 (unless you are on a payment plan) | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Waterproof raincoat with a hood (no ponchos, please) Waterproof/breathable is best. Raingear needs to have taped seams (unless you have the brand FrogToggs) | <input type="checkbox"/> Warm bottom base layer (leggings or long johns) |
| <input type="checkbox"/> Waterproof rain pants | <input type="checkbox"/> Headlamp or small/lightweight flashlight |
| <input type="checkbox"/> Sturdy Shoes for hiking (boots that are well broken in, or trail runners) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> 3 or 4 pairs of wool or polypropylene socks (no cotton) | <input type="checkbox"/> Beanie/lightweight cap for warmth |
| <input type="checkbox"/> Fleece or puffy jacket for a warm layer | <input type="checkbox"/> 2 Water Bottles (Nalgene recommended) |
| <input type="checkbox"/> 1 lighter layer for warmth (long sleeve base layer, light fleece, or similar) | <input type="checkbox"/> Necessary toiletries |
| <input type="checkbox"/> Shorts or pants for hiking in | <input type="checkbox"/> Toothbrush and small toothpaste |
| | <input type="checkbox"/> Sunscreen |
| | <input type="checkbox"/> Insect repellent |
| | <input type="checkbox"/> Clean clothes for the trip home |
| | <input type="checkbox"/> Faith, grit, and readiness to receive what God and the wilderness have to offer! |

Additional (optional) items:

- ☐ Vest for warmth (puffy or fleece)
- ☐ Trekking poles
- ☐ Bike Shorts - ***Sampler Trip Suggested***
- ☐ Swimsuit & Towel - ***Intro HS trip, Women's Trip, Sampler Trip***
- ☐ Bandana
- ☐ Sandals with heel strap for creek crossing and evenings (No flip flops or slides)-***Highly Suggested for all trips***
- ☐ Small lightweight backpack towel
- ☐ Journal and Pen
- ☐ Small bible
- ☐ Lightweight mittens or gloves/mittens or glove liners work well
- ☐ Digital or disposable camera
- ☐ Downtime activities: playing cards or paperback book
- ☐ Snacks - we provide Honey Stingers and GORP but feel free to bring your favorites!

Contact Winston Marugg, Backpack Coordinator, with questions
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