

Please pack your things in a non-rolling bag, and line it with a garbage bag to make it waterproof!

BEDROLL – proper bedroll, wrapped in a small tarp/groundsheet so it is waterproof!

- cold weather sleeping bag, extra blanket / liner, pillow
- foam or self-inflating camping mattress (NO pump-up air mattresses)

CLOTHING

- 1 pair warm 2-pc pajamas or sweat shirt/pants
- wool socks for sleeping, and if desired, a close-fitting knit hat (helps if cold!)
- underwear and socks
- t-shirts / undershirts
- long-sleeved shirts / undershirts (remember to layer!)
- warm hooded sweatshirt or jacket (if possible, fleece is better than cotton)
- warm sweater/ hoodie / vest
- 2 pairs warm pants (no jeans)
- long underwear or leggings for under the pants (layering)

OUTDOOR WEAR REMEMBER: 12 hours outdoors in any weather!

- rainwear (waterproof jacket and pants)
- rain boots (you may be hiking in these if wet, but also good for around camp)
- hiking boots or sturdy sneakers
- warm (winter) jacket, gloves & hat (keep toasty on a chilly night or morning)

TOILETRIES

- hand towel / facecloth
- toothbrush & toothpaste
- hair brush, hair elastics (if you have long hair you MUST keep it tied back)
- sun screen (necessary) & bug spray

OTHER ITEMS

- drinking water – 4L per girl, be prepared just in case!
- mess kit - mesh bag (avail at dollar store) with mug (suitable for hot liquid), cup, plate, bowl, fork, spoon and knife - NO GLASS DISHES, all must be labeled
- camp chair
- flashlight/headlamp and extra batteries (you'll use this on your Quest, too, don't run out of power!)
- refillable water bottle
- backpack (filled!) for your Quest (see next page)
- paper/pen
- medications (this includes anything with medicinal ingredients, including over the counter items like Advil, Tylenol, medicated cream, etc.). All medications must be signed in to your own teams' first aider upon arrival.

DO NOT BRING

- cell phones, tank tops, flip flops

YOUR QUEST BACKPACK

A good sized backpack is needed – like a school bag, for instance (not a small day pack). You will carry this during your entire Quest on Saturday and it holds everything you need! In your backpack, you should pack:

- plastic bag liner to keep things DRY
- water bottle (filled)
- hot drink mug (preferably with lid)
- extra socks (for extra warmth or in case of getting wet)
- rain gear, gloves, hat (if you're not already wearing them, but even if you are, if you take them off you'll need a place to store them)
- sit upon (small one)
- work gloves
- grocery bag (for your personal garbage) – there are NO GARBAGE CANS during the Quest
- flashlight/headlamp and extra batteries
- small knife (folding, Swiss army is fine)
- toilet paper (to save space, make a small roll without the cardboard and put it into a small baggie) – there is NO toilet paper available at Quest, so you MUST bring your own
- small first aid kit
- emergency whistle
- compass
- lunch, dinner, snacks & powdered hot drink mix - Note: Teams will prepare all meals during their Quest. Project staff will not, nor are Guiders permitted to, prepare or serve food during the Quest (though hot water will be available at many project sites that the Pathfinders can ask to have)
- H1 Personal Health Form (must be carried at all times) – get this from your Guider
- hand-warmers (optional but recommended)
- glow bracelets (optional)
- IN ADDITION (you'll talk about this with your team):
 - One person from each team will carry a 10'x12' tarp
 - One person from each team will carry 15' of rope

Tips for Your Personal Gear

- Clothing – stay away from cotton and denim. These fabrics attract water and do not stay warm (or dry quickly). Choose fabrics like polar fleece as it repels water. Dress in layers to trap warm air between the layers.
- Groundsheet – absolutely necessary under your bedroll to protect against dampness.
- Sleeping pad – The best insulator is a Thinsulate pad (blue foam pad). Thermarest pads (self-inflating) are also a good choice as they are properly insulated for cold weather. Air mattresses are not recommended at this time of year because they are very cold.
- Sleeping bag liner – Use a blanket, a flannelette sheet or a piece of polar fleece to line the inside of your sleeping bag for extra warmth.
- Waterproof all personal gear / gear carried during Quest.

Note: The Quest Core Crew is not responsible for any missing, damaged or otherwise altered equipment or gear.