



Nature Camps, Inc.

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Teen Adventure

O'neill Farm Gear List

- Backpack. Preferably a fitted internal frame backpack. Visit one of the local camping stores.
Note: *A cheap, misfitted backpack = A miserable, uncomfortable trip down the trail.*
- Bicycle, helmet, water bottle, and light backpack to carry your lunch.
- YOUR OWN eating utensils: Plate, cup, fork, knife, and spoon.
- One personal plastic tarp big enough for you to sleep on or cover your gear
- Small flashlight or headlamp
- Extra batteries
- 3 short sleeve T-shirts (NON-Cotton if possible)
- 3 pairs of shorts (Non-cotton if possible)
- Swim suit
- 1 long sleeve t-shirt
- 1 stocking cap or similar hat
- 1 pair of long pants
- A light jacket or fleece
- Rain gear (poncho, rain jacket, rain pants).
- 6 pairs of socks (non-cotton if possible)
- 6 pairs of underwear (a change per day)
- 1 small pack-able towel
- 1 large bandanna
- Sleeping bag
- Sleeping pad
- Hiking boots or shoes. Not athletic shoes! They do not offer the right amount of support and protection needed on trail.
- Toiletries - 1 small bottle of biodegradable soap, toothbrush, toothpaste, sunscreen
- SANDALS THAT WILL NOT FALL OFF IN MOVING WATER SUCH AS TEVA'S® OR CHACO'S®.
NO FLIP FLOPS SHOULD BE BROUGHT ON A TRIP.
- 2 liter sized Naglene® Bottles or similar container. Camelback® reservoirs are also nice if your pack allows space for one.
- Journal and pencil or pen. You may use your NC journal

We suggest marking your name in permanent marker on all items. Clothing, socks, underwear etc.