

2025 Wilderness Packing List



- Bible
- Clothes: The Adirondacks this time of year can be cold, hot and everywhere in between... Layers are crucial. Try to *avoid cotton* (when its wet, it stays wet) Wool, synthetic material, or any moisture wicking material is much better.
 - Long sleeve shirt
 - 2 T-shirts
 - Medium Weight Fleece or sweatshirt
 - Windbreaker
 - Raincoat/Poncho
 - Shorts
 - Long Pants
 - Socks for hiking (3-4) (it could be wet!)
 - Boots/Sturdy shoes for hiking that are already broken in!
 - Sandals/Flip Flops/Shoes for around camp
 - Brimmed hat
 - Winter hat
 - Swim suit
- Sleeping bag/Pillow
- Bug repellent/Head net
- SUN SCREEN
- Towel
- Water bottle
- Flashlight
- Personal items (tooth brush, medication, contact stuff, etc...)
- Insurance card
- Small backpack for day trip
- Favorite snacks
- Favorite games/free-time activities
- \$40 for food in Lake Placid and on the way back to Rochester
- Camp chair (optional)

Please leave home:

- Valuable items such as your new iPhone 22 (I know you can't buy it yet... but in case you're a time traveler and already own it – don't bring it.)
- Marijuana/vapes/cigarettes/chewing tobacco/weapons/alcohol (you shouldn't use this stuff anyway!)