Father & Son Trip Packing List

What to Pack · https://northernfrontier.org/resources/father-son-trip-packing-list/

The following packing list is recommended for campers attending our Tree Climbers or Father & Son camp. The quantities shown are based on a half-week session.

Clothing

☐ T-shirts, moisture-wicking (4)

☐ Long sleeve shirt (1)

☐ Sweatshirt or fleece (1-2)

☐ Rain jacket, lightweight (1)

☐ Shorts, quick dry (2)

☐ Swimsuit (1)

☐ Hiking pants (2)

☐ Underwear (4)

☐ Hiking socks, synthetic or wool (4-5)

☐ Trail shoes

☐ Hiking boots (broken in)

☐ Hat (for sun)

Essentials

☐ Bible, journal & pen

☐ Body soap & shampoo

☐ Showering towel & washcloth

☐ Swimming towel

☐ Toothbrush & toothpaste

☐ Pillow

☐ Sleeping bag

☐ Flashlight, headlamp & batteries

☐ Water bottle

☐ Sunscreen

☐ Insect repellent

Trip-Specific Gear

Backpacking Trip

☐ Trekking poles (optional)

Canoeing Trip

☐ Water shoes

☐ Extra towel

☐ Lightweight gloves for paddling (optional)

Fishing Trip

☐ Fishing rod & tackle (optional–camp has limited supply)

☐ Polarized sunglasses

Other Optional Items:

Comb or brush, camera, compass, small knife or multi-tool (fathers only), lightweight camp chair, camp shoes or sandals, small backpack or day pack.

Northern Frontier Provides:

Hiking backpack, tent, first aid kit, cooking and eating utensils. If you have your own gear that you prefer, you are welcome to bring that.

What NOT to bring:

✗ Electronic devices, including but not limited to radios, cell phones, tablets, laptops, or portable gaming systems, are not permitted.

✗ Weapons (hatchets, large knives, etc.)

NOTE:

Northern Frontier is in the Adirondacks Mountains. Cold or wet weather is always a possibility, so pack accordingly.

We strongly recommend marking personal items with the camper’s initials.