

KIFIRIM / KACHOT OVERNIGHT PACKING LIST



CLOTHING

- 3 pairs underwear
- 3 tshirts (can include 1 tank top)
- 1 pair quick dry shorts
- 1 set long underwear shirt & pants
- 1 fleece sweatshirt
- 1 flannel shirt/warm long sleeve
- 2-3 pairs wool socks
- 1 bathing suit (trunks or 2-piece)
- 1 hat (one with large brim is best)
- 1-2 buffs/bandanas/tubular bandanas
- 1 toque
- 1 rainsuit (good quality, waterproof)
 - rain jacket
 - rain pants
- 1 pair quickdry pants (nylon)
- 1 tent outfit (should never leave tent)
 - shirt, boxers/PJ's, socks, underwear
(keep inside sleeping bag)

* optional

TOILETRIES

- sunscreen SPF 30+
- bug spray/cream (non-aerosol)
- chapstick SPF 15+
- toothbrush and case
- toothpaste
- lake safe/biodegradable soap
- medication (handed in to nurse)
- additional personal hygiene products*
 - pads/tampons/menstrual cups
 - retainers (and case)
 - braces elastics & wax
 - protective haircare products
- nail clippers

SHOES

- sport sandals/waterproof shoes
- closed toed shoes/hiking shoes
(high-tops are best for ankle support)

GEAR

- baja bag
(30L no larger, no backpack straps)
- mini Baja (5L) for personals*
- sleeping bag and stuff sack (synthetic is best, rated to +10 degrees)
- compact sleeping pad
- headlamp and batteries
- sierra cup (shallow dish)
- camping mug*
- whistle (Fox 40)
- shammy/packtowel (compact)
- sunglasses, case and strap
- waterbottle (at least 750ml)
- 2-3 sets camping cutlery/spork
- fanny pack*
- all-weather solar/thermal blanket
- book
- prescription glasses (if required)
 - case & strap

* optional

MISC

- deck of cards*
- waterproof camera & batteries*
- hand sanitizer
- journal*
- stationery, pens/pencils
- pre-addressed envelopes & stamps
- folding camping chair*
- work gloves*
- 3-5 carabiners

AVERAGE PRICES

30L baja bag/dry bag ~\$25-30

headlamp ~ \$15-25

camping waterbottle ~ \$9+

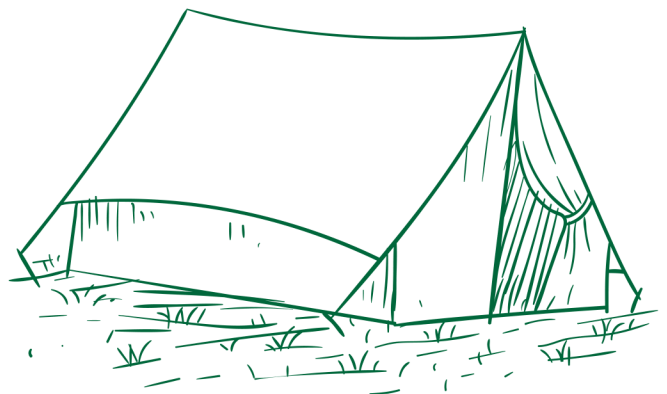
carabiners ~ \$3

sierra cup ~ \$6+

camping cutlery ~\$5+

waterproof camera ~\$16+

(walmart is the cheapest option)



STORES TO VISIT

Wilderness Supply**

Prairie Summit

MEC

Cabela's

Mountain Warehouse

Value Village***

Winners***

Marshall's***

Amazon

Walmart

Costco

Canadian Tire

**has BB Camp discount

***carries similar products to
wilderness store at reduced price



SOLAR/THERMAL BLANKET



SIERRA CUP



BAJA/DRY BAG

