

# CAMPING AT THE PRESIDIO

## CAP Leadership Training Clothing and Equipment List

### Please come wearing the following

- 1 short or long sleeve shirt
- 1 pair long pants
- 1 pair socks (wool preferable)
- 1 pair hiking boots or sturdy sneakers

### Please bring the following

- 1 pair socks (wool preferable)
- 1 short or long sleeve shirt
- 1 pair long pants (fleece)
- 1 warm jacket
- 1 waterproof shell or jacket with hood
- 1 other article for layering (fleece vest, wool sweater, etc.)
- 1 hat (wool or fleece)
- 1 hat with brim
- 1 pair gloves or mittens
- 1 pair underwear
- 1 pair light shoes for camp (teva's or sneakers)
- Bandanna
- Chapstick or lip balm
- Toiletries (only the basics, no showers)
- Daypack
- 1-2 water bottles
- Flashlight or headlamp
- Sunglasses
- 1 cup, bowl, spoon and fork

### Optional Items

Binoculars, camera, sunscreen, bug spray, journal, camping knife (Swiss Army or small hunting knife)

### The following items will be provided

Sleeping bag, sleeping pad, tent to share, sunblock, bug repellent, and all meals for the duration of the training

**\*Please note that the Presidio experiences varying weather patterns and it's recommended that you bring additional warm layers for the evening\***

