**Young Adults Backpack Adventure Packing List 2025**

(1) Large, Frame Backpack/ 50 liter+ Backpack

(1) Sleeping Bag

(1) Sleeping Pad

(2) 32oz Water Bottles

Undergarments

Enough Clothing for Three Days and Two Nights, Cold Weather Gear)

(4) Socks/Extra Socks

(1) Sturdy Hiking Shoes

Toiletries

(1) Spoon, Mug, Plate

(1) Knife/Multi-tool

(1) Bible/Pen/Journal

Bug Spray

Rain gear/jacket

Tent or Hammock (including under quilt and rain cover)

Flashlight or headlamp

Personal Medications

Sunblock