

Neshama Quest 2024 Packing List

Packing for a backpacking trip can be a big task! As you become more experienced with backpacking you will learn what gear works best for you. For now, approach packing like an experiment knowing that some items will work out great and others you might not bring on your next trip.

This list is sourced from the [REI](#) website and most of the links go to their products. REI has great gear but is certainly not the only option. There are plenty of used and new outdoor gear stores and borrowing from friends/family is always a great option. However you choose to secure gear for Neshama Quest, please make sure that everything fits, is comfortable, lightweight and in good working condition.



Backpacking Gear

A backpacking pack that holds 65-75 liters is about right for weeklong trips. For more details, read: [How to Choose a Backpack](#).

[Backpack](#) (65-75 liters - depending on your height) with [raincover \(to fit your pack\)](#)

[Sleeping bag](#) - rated to 0-20 deg. Fahrenheit (depending on how cold you get - ideally no heavier than 3 lbs)

[Sleeping pad - foam or inflated are fine](#)

[Headlamp](#) (with extra [batteries](#))

[Lightweight backpacking Tarp, p-cord](#) (50 feet)

[Simple ground tarp to sleep on](#)

1-2 Trekking poles (Optional)

**If you have trouble acquiring any of these items please contact Itamar.. We have some extras and are happy to help you find what you need.*



Backcountry Kitchen

[Bowl](#)

[Eating Utensils](#)

[Mug/cup](#)



Food & Water

The ability to carry water is the most important piece here. Everyone on Neshama Quest needs to be able to carry at least 2 liters of water through water bottles or reservoir/bladder systems. Our bodies take a few days to adjust to higher elevations, and drinking enough water is essential to help ourselves acclimate.

Wilderness Torah will provide all meals and snacks for Neshama Quest. However, if there are special (& lightweight) energy foods that will make the Neshama Quest teen happier in the wilderness then please consider packing a small bag of personal treats. Consider how many would be consumed over the 7 days and plan accordingly.

[Water bottles](#) and/or [reservoir](#) * (everyone needs to be able to carry 2 liters of water. If carrying a water bladder you must also have a backup water bottle)

[Energy food and drinks](#) (bars, gels, chews, trail mix, drink mix)



Clothing & Footwear

Temperatures in the High Sierra vary throughout the summer but averages run in the 60-70's during the day and 30-40's at night. To be prepared for changing weather or an unplanned night out, we pack extra layers. It's also important to consider how much protection your clothing provides against the sun's ultraviolet rays. Sun rays are stronger at higher elevations, so please plan accordingly.

Boots with ankle support are mandatory for this trip, mid-height is fine. Low shoes, like running shoes, are not acceptable. When choosing shoes, make sure you like them and that you wear them on a good sized hike and regularly for a few days before Neshama Quest. Learn more about choosing [hiking clothing](#) and [footwear](#).

Whenever possible we avoid cotton clothing, they are slow to dry and get heavy when wet. The only exception would be a sun shirt.

[Moisture-wicking underwear](#) (2-3)

[Moisture-wicking T-shirt](#) (1-2)

Quick-drying hiking [pants](#) (1). Note that we recommend pants as they protect more from bugs, sun, and prevent small cuts and scrapes.

[Long-sleeve shirt \(for sun, bugs\)](#) (1)

[Long-sleeve shirt \(warmth\)](#) (1)

[Lightweight fleece or jacket](#) (1)

[Boots suited to terrain \(mid-height is fine, low tops are not acceptable\)](#) (1)

[Socks](#) (synthetic or wool, heavy and light) (3-4)

Rainwear ([jacket](#) and [pants](#)) (1)

Swimsuit (1)

[Small quick-dry towel](#) (optional)

[Long underwear](#) (1)

Warm, insulated [jacket](#) or [vest](#) (1)

[Warm hat](#)

Water [Sandals](#) or lightweight shoes (croc/ old trainers)(recommended - for fording streams and/or camp shoes) - must have a backstrap (no flip flops)

[Bandana or Buff](#) (1-2)



Emergency & First Aid

Wilderness Torah will provide all essential Emergency & First Aid equipment. Please bring any prescription and life saving medication and expect to hand them over to the mentors who will administer them. Life saving medication should have a backup (i.e. 2 epi-pens)



Health & Hygiene

Face Mask (2)

[Hand sanitizer](#)

[Toothbrush](#) and toothpaste

[Menstrual products](#)

Prescription medications

Prescription glasses

Please do not bring deodorant as it attracts bears

Sun protection:

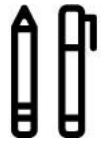
[Sunglasses](#) * (+ [retainer leash](#))

[Sunscreen](#)

SPF-rated [lip balm](#) *

[Sun hat](#) *

[Insect repellent](#) *



Backpacking Extras

Most of the following items are optional, and you'll need to decide how much you're willing to carry if you decide to bring one or more of them along.

Durable journal or [Outdoor journal](#) with [pen/pencil](#) (**required**)

[Daypack](#) (for day trips away from camp)

[Knife](#)*

Camera or [action cam](#) (with extra [memory cards](#))

[Interpretive field guide\(s\)](#)

Star chart/night-sky identifier

Book/reading material

Cards or [games](#)

Compact [binoculars](#)

Watch

