

## **PACKING LIST & GUIDELINES**

***"There is no such thing as bad weather, only inappropriate clothing."  
-- Sir Rannulph Fiennes***

Wearing the proper clothing on your trip is crucial to your comfort and enjoyment. Your packing list has been carefully compiled to address all the weather conditions you may encounter on your trip.

Dressing in light layers allows you more flexibility as the weather and activities change. Wool has been a long-time favorite of outdoor enthusiasts because it retains its insulating qualities when wet. Like wool, synthetics insulate when wet, weigh less than wool, and dry more quickly, making them an excellent choice for outdoor adventures.

Cotton retains moisture, loses insulating qualities, and weighs more when wet, making it a poor selection for outdoor wear. Wearing a cotton t-shirt on the bus or packing one for sleeping is acceptable.

### **Feet:**

- 1 pair closed-toe shoes to get wet
- 1 pair comfortable closed-toe camp shoes
- 2 pairs lightweight wool or synthetic socks

### **Body:**

- 1 long underwear top
- 1 long underwear bottom
- 2 underwear
- 1 quick drying shorts
- 1 loose fitting pants (synthetic)
- 1-2 synthetic t-shirts
- 1 wool, fleece, or pile sweater
- 1 rain jacket

### **Head/Face:**

- 1 warm hat (in cool weather)
- Sun visor or baseball cap
- Sunglasses
- Lip balm (optional)

### **Hands:**

- Gloves (in cool weather)

### **Personal Items:**

- Toothbrush & travel size toothpaste
- Toiletries (keep it to basic needs)
- Washcloth is optional
- Sunscreen **provide medical authorization form**
- Insect repellent **provide medical authorization form**
- Foot powder (optional)
- Small notebook & pen
- Eyewear retainer (for canoe trips)

**Personal Gear:**

- small day pack to carry snacks and water on hikes
- sleeping bag (rated for temperatures of 30 degrees or less)
- sleeping pad
- flashlight or headlamp
- **water bottle (bring filled and carry with you)**
- non-breakable bowl/cup/utensils in a mesh bag

**We have limited space on the buses. Pack only essential items in one bag (a duffle or back pack works well.)**

PLEASE DO NOT FEEL THAT YOU NEED TO BUY ANYTHING. We may have extra gear and clothing among us.

**Camping Equipment**

Each student will be part of a tent group. The group will be issued a school tent with fly, poles, stakes, and ground cloth. It will be their responsibility to return it in a good, clean, and dry condition.

Thank you!

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