

Participant Packing List

Give to your Teacher/Group Coordinator:

- Personal prescription or over-the-counter medications
- Electronics and food

Pack and Bring With You:

Clothing

- Sturdy shoes or tennis shoes (No open-toed shoes, no Keds/Converse) (bring an extra pair if able)
- Long pants (2 pairs)*
- Shirts (2 pairs)*
- Sweater/sweatshirt (2)*
- Undergarments; during spring and fall we recommend long underwear
- Socks (2-3 pairs)*
- Rain jackets (especially in spring and fall)
- Sun hat (especially in the summer)
- Warm hat (especially in the spring and fall)
- Gloves & scarf (especially in the fall)
- Pajamas

Bedding

- Sleeping bag or blankets to sleep under
- Sleeping pad or blankets to sleep on
- Pillow

Gear

- Day backpack or book bag
- Water bottle(s); please bring water bottles that can hold a total of 2 liters.
- Toiletries (wash cloth, toothbrush, toothpaste, hairbrush, deodorant, etc.)
- Sunscreen (especially in the summer)

* In cold/rainy seasons avoid cotton if possible. Materials such as wool or polyester will keep the students much warmer and dryer.

OPTIONAL ITEMS: sunglasses, headlamp/flashlight, camera (optional; phone cameras will be allowed at specific times), bag for dirty clothes, slippers, binoculars, paper, journal, pencil, reading books, quiet games

DO NOT BRING: guns, knives, any other weapon, alcohol or drugs, radio, music players, electronic games or equipment including cell phones, aerosol products, animals