



Packing List - The Essentials

This list covers the basic items you may need. Remember to check the weather and pack accordingly.

- Sleeping bag and pillow (or sheets and blanket)
- 2 changes of clothes (you will be outdoors all day)
 - Moisture wicking base
 - Fleece or sweater for warmth
- Waterproof/Windproof outer layer (rain coat)
- 2 pair socks (wool is great)
- Pajamas
- Sturdy, closed-toe shoes or hiking boots.
- Toiletries
 - Toothbrush
 - Toothpaste
 - Towel
 - Soap
 - Deodorant
- Water bottle
- Medications (give labeled bottle to your teacher)
- Hat
- Sunscreen
- Bug Spray (DEET for tick repellent recommended)
- Deck of cards or board games
- Signed participant waiver
- A positive attitude and a willingness to try new things!

Please note: It is recommended to pack all items in an extra large heavy duty trash bag. All items should be labeled with names including the large bag with your items.