

Recommended Packing List for School Groups

REQUIRED FOR DAY HIKING:

- Lunch from home **on the first day only** (Reusable lunch bag is preferable)
- Day pack - large enough for lunch, jacket, rain gear, water bottle and journal
- Water bottle - unbreakable, reusable
- Rain gear** - complete rain jacket and pants or poncho. Rain boots are encouraged.
- Sunscreen
- Hat
- Foot gear - sturdy, ankle supporting, and preferably waterproof for hiking.
- Jacket - stuffable nylon or thick fleece is a good choice
- Journal and pen or pencil (often required and provided by your Trip Organizer)
- Personal medications as needed (coordinate with your Trip Organizer)

REQUIRED FOR OVERNIGHT

- Warm sleeping bag. A pillow and a bottom sheet are provided.
- Gloves or mittens - one pair
- Pants - at least one extra pair
- Shirts - extra as needed
- Sweater - fleece or wool is best
- Socks - one pair per day plus one extra (a few thick hiking socks if possible)
- Pajamas or nightwear
- Toiletries - comb or brush, toothbrush, toothpaste, etc.
- Towel (for 2+ night trips only, please)
- Personal medications as needed (coordinate with School teacher)
- Flashlight

OPTIONAL

- Additional foot gear - one extra pair in addition to hiking boots
- Sunglasses
- Camera and film
- Extra bag for dirty clothes
- Alarm clock (**adults only**)
- Field guides
- Money for the store (t-shirts, sweatshirts, etc.)

DO NOT BRING

- X Electrical appliances, such as hair dryers or curling irons. We do not have enough electricity to operate these devices.
- X Electronic games, CD players, or other electronic equipment. These items are not allowed at any time during our education programs.
- X Any restricted substances. Drugs and alcohol are prohibited.
- X Candy or soda, except for what might be included in your first day's lunch.