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**Suggested Packing List:**

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| **CLOTHING** ● T-shirts● Underwear● Socks ● Warm shirts● Comfortable pants● Shorts● Sun shirts (light cotton long-sleeve shirt)● Sweater / sweatshirts ● Warm hat● Rain Jacket/layers● Sturdy walking shoes/sneakers● Sandals | **OUTDOOR GEAR**● Day pack● Hat● Rain jacket/pants● Sunglasses● Water bottles● Flashlight or headlamp● Sunscreen |
| **DORM ROOM**● Bed linens or sleeping bag● Blankets or sleeping bag ● Pillow● Bath towels● Toiletries (soap, shampoo, toothbrush, toothpaste, comb/brush, lotions. medicines, epi-pen) | **OPTIONAL ITEMS**● Camera● Binoculars● Field guides● Journal● Sketch pad and supplies ● Board games● Frisbee |