



## Packing List

This list is for all participants. Numbers of items will be based on the number of days staying at NatureBridge (typically 3 days, 2 nights). Please arrive dressed for hiking and with your day pack ready. **Your comfort increases with the number of clothing layers you have available!**

### Required for Hiking Day

- Lunch for first program day
- Day pack (large enough for two water bottles, notebook, rain gear, warm layers and bandana)
- Water bottles (two hard plastic or metal water bottles)
- Pen or pencil
- Rain gear (rain jacket and rain pants, or poncho)
- Jacket (insulated layer with a hood)
- Extra layers (fleece jacket or hoodie, long-underwear and long-sleeve shirts for colder days)
- Foot gear (sturdy, ankle-supporting, preferably water-resistant hiking shoes or boots. Tennis shoes/athletic sneakers also ok.)
- Rain cover or large plastic bag to keep your day pack dry
- Bandana or cloth napkin for an outdoor lunch placemat
- Hat with brim, sunscreen, sunglasses
- Personal medications (coordinate with teacher)

### Required for Overnight (after 4 p.m.)

- Warm sleeping bag (preferred) or blankets
- Pillow
- Comfortable close-toed shoes for free time (and as backup for trail shoes)
- Base layers (long-sleeve shirt and underwear)
- Shirts (at least 3 t-shirts and 1 long sleeve, synthetic/wool recommended)
- Long pants, 2 pairs (loose fitting with room for layer underneath)
- Socks (bring 3 more pairs than the number of days you will be at NatureBridge)
- Underwear
- Warm pajamas
- Warm hat and gloves (weather dependent)
- Toiletries (soap, toothbrush, toothpaste, brush, shampoo, etc.)
- Bath towel and washcloth for shower
- Sandals to wear in the shower
- Flashlight
- Personal medications (coordinate with teacher)

### Optional

- Disposable Camera
- Book to read during free time
- Card games, etc to play during free time (ask Group Coordinator about sports equipment)

### Please Do Not Bring

- Extra food (food is not allowed in the cabins/tents)
- Electronics (including all gaming devices) Your Group Coordinator will inform you about your school's cell phone policy, if they are brought, they will not be used on trail
- Anything that would be sadly missed if lost!