



Packing List

This list is for all participants. Please adjust numbers of items based on the number of days staying at NatureBridge. 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
- Daypack (large enough for a water bottle, notebook, pencil, rain gear, warm layers, and bandana)
- Water bottle (a hard plastic or metal water bottle with closeable lid)
- Pen or pencil
- Rain gear (rain jacket and rain pants, or poncho)
- Jacket (insulated layer with a hood)
- Extra layers (fleece, long-underwear and long-sleeve shirts for colder days)
- Footgear (close-toed, 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 daypack 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 and pillow
- Comfortable shoes for activity time and backup
- Base layers (long-sleeve shirt and underwear)
- Shirts (bring extra pairs, recommend long sleeve, synthetic/wool)
- Long pants (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
- Toiletries (soap, toothbrush, toothpaste, brush, shampoo, etc.)
- Bath towel and washcloth
- Sandals to wear in the shower
- Personal medications (coordinate with teacher)

Optional

- Camera
- Flashlight
- Small comfort items (stuffedies, books, etc.)

Please Do Not Bring

- Extra food (food is not allowed in the dorms)
- Electronics (Cell phones)
- Anything that would be sadly missed if lost!