



## Family Camp Packing List

This list is for all participants. 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

- Day pack (large enough for two water bottles, notebook, pencil, rain gear, warm layers, bandana, personal hand sanitizer)
- Two water bottles (two hard plastic or metal water bottles)
- Pen or pencil
- Rain jacket and rain pants (poncho or umbrella can be in addition to jacket and pants)
- Jacket (insulated layer with a hood)
- Extra layers (fleece, 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
- Face masks or coverings (one clean mask/per day/per person)

### Required for Overnight

- Signed copy of Participant Questionnaire (for every family member)
- Warm sleeping bag, pillow, and a fitted twin bed sheet
- Comfortable shoes for free 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 three 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
- Flashlight
- Personal medications
- Face mask

### Optional

- Camp chairs (optional but highly recommended)
- Camera
- Umbrella
- Board and card games
- Mouse proof food bin for personal snacks (e.g. roughneck or cooler)