

# Packing List

## Suggested Clothing and Equipment for Family Programs



Please adjust numbers of items based on the number of people in your family and number of days staying at NatureBridge. **We recommend a layering system for clothing, even in the Summer!**

### Footwear:

- Sturdy boots, sneakers or walking shoes for trail hiking
- Comfortable shoes for free time and backup (sneakers and/or Keen-style closed toe sandals)
- Sandals to wear in the shower

### Base Layer:

- Long-underwear top and bottom and long-sleeve shirts for colder days
- Socks (bring 3 more pairs than the number of days you will be at NatureBridge)
- Underwear
- Pajamas

### Insulating Layer:

- Jacket (insulated layer with a hood)
- Extra layers (fleece, synthetic or wool; long-underwear and long-sleeve shirts)
- T-shirts
- Long pants (loose fitting to layer underneath)
- Warm hat (beanie) and gloves or mittens (wool or fleece)

### Outer Weather-proof Layer:

- Rain gear (rain jacket and pants or poncho)

### Personal Items:

- Face Masks (one clean mask per day per person)
- Personal medications for all family members
- Contacts/glasses
- Toiletries - body soap, toothbrush, toothpaste, shampoo, etc. (none provided)
- Bath towel and washcloth (one bath towel is provided)
- Flashlights or headlamps

### Items for Program Time:

- Day Pack (consider bringing a backpack for each person)

- Rain cover or large plastic bag to keep your day pack dry
- Two water bottles per person (hard plastic or metal water bottles)
- Bandana or cloth napkin for outdoor lunches
- Hat with brim, sunscreen, sunglasses
- Personal hand sanitizer

### Optional Items:

**Recommended for personal comfort and for ease of having small children on site.**

- "Pack 'n Play" or other sleeping set up for children not ready for beds
- Booster seat/high chair/clip-on table seats (none provided)
- Night light
- Personal Flotation Device (Life Jacket/Vest) for anyone under 50 pounds. Larger PFDs provided for canoeing
- Bathrobe - some showers are located in separate building from cabins
- Bedding (provided per participant: fitted and flat sheets, one pillow, pillowcase, blanket)
- Camp chairs
- Binoculars, field guides, insect repellent
- Camera
- Pen or pencil, notebook
- Coins for laundry
- We have a selection of board games, card games and yard sports - bring others if you'd like
- Mouse proof food bin for personal snacks stored in your car

### Please do not bring:

- Knives (a safety hazard)
- Anything that would be sadly missed if lost
- During the trail day with educators: Please leave any electronic appliances/games, such as iPads, behind