



## 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 arrival day
- Day pack (large enough for two water bottles, notebook, pencil, rain gear, warm layers, and bandana)
- Water bottle (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, 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
- Face mask for each day of program
- Hand sanitizer

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

- Warm sleeping bag and pillow
- 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 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
- Flashlight
- Personal medications (coordinate with teacher)

### Optional

- Camera
- Money for the NatureBridge store (all proceeds go towards scholarships for other students!)

### Please Do Not Bring

- Extra food (food is not allowed in the cabins/tents)
- Pocket knives



- Electronics (Cell phones)
- Anything that would be sadly missed if lost!