



## 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 daypack ready.

### Required for Hiking Day

- Daypack (large enough for two water bottles, notebook, pencil, rain gear, warm layers, and bandana)
- 2 water bottles (two hard plastic or metal water bottles)
- Pen or pencil and notebook
- 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 with good grip are 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, chapstick (ideally with 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 as a backup pair of shoes
- Base layers (long-sleeve shirt and underwear)
- Shirts (bring extra pairs, recommend long sleeve, synthetic/wool)
- Long pants (loose fitting with room for a 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, lotion etc.)
- Bath towel and washcloth
- Sandals to wear in the shower
- Flashlight
- Personal medications (coordinate with teacher)

### Optional

- Camera
- Umbrella

### 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!