



OVERNIGHT CAMP PACKING LIST

Email Dana (dana@mtadamsinstitute.org) to request to borrow gear.

Keep in mind as you pack:

1. **Bring a sack lunch for Day 1.**
2. **Closed-toed shoes are essential**, as we will work with tools and move around in the forest.
3. Weather will probably be warm and sunny during the day, but cool at night. Be prepared for rain or wind. Bring at least one top layer of synthetic clothing (nylon, wool, fleece, etc.)
4. **Plan to unplug this week.** We will have so much fun, there is no need to text, surf the web, or connect into Facebook. Instead, you'll connect with the nature and friends around you.
No Cell phones please.

PACKING LIST

Camp Equipment:

- 1 small daypack (to carry lunch, water, a warm layer, etc.)
- 1 sleeping bag (rated to about 30 degrees)
- 1 sleeping pad (optional for potential of sleeping under the stars)
- 1 pillow and pillow case
- 1 top sheet (for warm nights)

Clothing:

- 6 pairs underwear
- Sports bra
- 1 Swimsuit
- 6 pairs socks: wool or synthetic (sports socks work well)
- 1 sun hat w/ a brim: visor, baseball hat, etc.
- 1 warm hat for cool evenings
- 3-5 t-shirts
- 1-2 long-sleeved shirt: ideally synthetic, polyester, capilene, or wool
- 1 warm fleece jacket
- 2 pair shorts: nylon or quick-dry
- 1 pair long pants (synthetic or jeans) for working in
- 1 pair warm pajamas (cool evenings in Trout Lake)
- 1 rain jack
- 1 pair rain pants (optional)
- 1 towel
- 1 pair sturdy, **closed-toed** shoes
- 1 pair sandals or water shoes (no flip-flops! Keens, Texas, Crocs, Chacos, etc. are great)

Miscellaneous Equipment:



- 1 headlamp/flashlight with extra batteries
- Journal/notebook and pen/pencil
- Work gloves
- Toiletries: sunscreen, lip balm, toothbrush, toothpaste, comb, shower supplies, medications, etc.
- Sunglasses
- 1 water bottle (at least 1 liter each)
- Granola bars/snacks (we'll provide snacks, but if you want extra)
- Sack lunch for Day 1

Optional:

- Insect repellent
- Bandana
- Camera (digital or disposable)
- Watch
- Book
- Cards
- Colored pencils, watercolors, personal art supplies, etc.