

# Overnight Packing List



Mountain weather can be unpredictable, we recommend bringing multiple layers to comfortably adjust to the changing conditions. When selecting clothing, we suggest packing synthetic and non-cotton items. Do NOT bring cell phones, pocket knives, candy, junk food, or your nicest clothes. The amount of clothing is representative of a typical three-day stay and should be adjusted for longer or shorter trips. Medications must be in original packaging with appropriate name, labels, and written instructions for administration.

## How many bags should be packed?

- Overnight Bag** We recommend packing gear, including the sleeping bag and pillow, in one duffel bag or an over the shoulder bag.
- Day Pack** Backpack with two arm straps, large enough to carry extra layers, lunch, two water bottles, and a journal.

### Day Pack

- 2 Water bottles
- Sunscreen SPF 15 or higher
- Lip Balm SPF 15 or higher
- Sunglasses
- Pencil or Pen
- Reusable lunch bag

### Optional

- Money for school store
- Handkerchief or bandanna
- Sock liners
- Camp shoes
- Camera with extra batteries
- Book
- Plastic lunch containers
- Glove liners (WINTER)
- Toe/Hand Warmers (WINTER)

### Overnight Bag

- Sleeping Bag & Pillow
- Clothing (see clothing list)
- Towel and Washcloth
- Headlamp or flashlight
- Toiletries Kit
  - Toothbrush / Toothpaste
  - Shampoo / Soap
  - Brush or Comb
  - Other items as needed

### Additional

- 1 set of sleepwear
- Sleeping Pad
- Journal
- Bathing Suit

## Clothing

### Top

- 2 T-shirts
- 1 Long-sleeve shirt or turtleneck
- 1 Long underwear top
- 1-2 Synthetic fleece jackets or wool sweaters
- 1 WATERPROOF rain jacket or poncho (FALL/SPRING)
- 1 INSULATED winter jacket (WINTER)

### Bottom

- 3 Pairs of underwear
- 1 Long underwear bottom
- 1-2 Jeans or long pants
- 1 Quick-drying rain pants (FALL/SPRING)
- 1 INSULATED snow pants (WINTER)

### Feet

- Hiking boots or sturdy walking shoes (preferably waterproof)
- Tennis shoes
- 1 or 2 Pairs of socks (preferably wool/synthetic)

### Head and Hands

- 1 Warm hat
- 1 Hat with a brim
- 1 Pair gloves or mittens (warm and water resistant)
- 1 Scarf or neck warmer