**Packing List for Students and Parents**

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| **--Day Hike Supplies--*** Day pack (i.e. school book bag)
* Canteen or water bottle
* Pencil

**--Clothing--*** Underwear, 1 pair per day
* Socks, 1 pair per day plus 2 extras
* Pajamas
* Jeans or other long pants
* Shirts, long and/or short sleeved
* Heavy sweater or sweatshirt
* Shoes suitable for hiking (no flip flops or new shoes or boots)
* Poncho or rain coat (Always Be Prepared!)
* Warm weather clothing (i.e. shorts)
* Sunhat

**--Optional Items--*** Shower flip-flops
* Hand lotion
* Insect repellant
* Sunglasses
* Laundry bag
 | **--More Optional Item--*** Book for you own time
* Flashlight

--**Bedding--*** Sleeping bag (or sheets with 2-3 warm blankets)
* Extra blankets depending on weather
* Pillow

**--Toiletry Items--*** Bath towel, hand towel, wash cloth
* Toothpaste & toothbrush
* Brush/comb
* Soap
* Shampoo
* Chapstick
* Sunscreen
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| **--PROHIBITED ITEMS--*** Rifles, Shotguns, Ammunition, Archery Equipment, all firearms, et cetera
* Knives of any kind
* Fireworks of any kind
* Tobacco Products, Alcohol, Illegal drugs of any type
* E-cigarettes
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