**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 |
| **--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 | |