



## 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)
- TWO 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 to serve as a plate for our outdoor lunches
- Hat with brim, sunscreen, chapstick (ideally with sunscreen), sunglasses
- Gloves and warm hat
- Hand sanitizer
- Multi-layer, non-cloth face masks (at least 3). *To potentially wear in indoor spaces on program. Indoor masking is not currently required, but NPS may institute indoor masking requirements if community level transmission goes into high in our campus counties.*

### 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)
- Non-cotton 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)

## For cold-weather months (early November through early April):

### Base Layers

(see image below)

- Shirts (recommend long sleeve, synthetic/wool)
- Long underwear or leggings (synthetic/wool)
- Underwear
- Non-cotton socks (**bring 3 more pairs than the number of days you will be at NatureBridge**)

### Middle (insulation) Layers

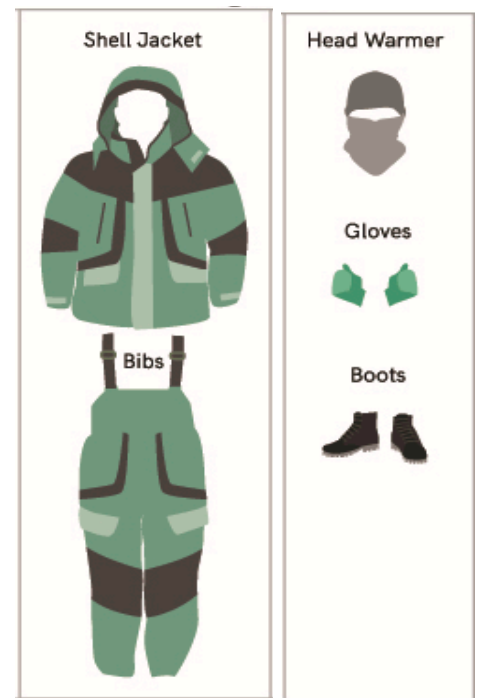
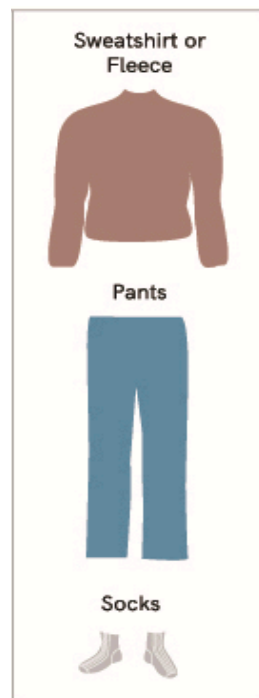
(see image below)

- Long pants (loose fitting with room for layers underneath... **no cotton!**)
- \*Warm jacket or sweatshirt (made out of down, synthetic, or wool... **no cotton!**)

### Outer (weather proof) Layers

(see image below)

- \*Waterproof jacket with hood
- \*Snow pants or rain pants
- \*Footwear (water-resistant hiking boots)
- \*Warm Hat
- \*Warm waterproof gloves
- Sun protection - Hat, sunscreen, chapstick, and sunglasses



### Optional

- Camera
- Umbrella

### Please Do Not Bring

- Extra food (food is not allowed in the cabins/tents). If an exception is needed, reach out to your school Group Coordinator.
- Pocket knives or weapons of any kind
- Electronics (Cell phones)