

## Packing List for Science & Sustainability Youth Leadership Adventures

This is a list of what you will need for your trip in the backcountry this summer. Do not worry if you do not have all of the items because we have a supply of gear and clothing to loan. Items available to loan are in bold below. We will have examples of what you should bring at the Family Orientation meetings. One of your course instructors will call you 1-2 weeks before your trip to find out if you need to borrow anything. Keep in mind that we will be camping and active during your course, so bring clothes that are comfortable, can get dirty and are durable. You will be able to hand-wash your clothes during the trip.

### Clothing:

*\*Items in **bold** are available for loan.*

- Town clothes: 1 - 2 sets of clothes suitable for presenting to the public in
- Underwear: 6 - 8 pairs, for girls, 2 sports bras (also used for swimming)
- Swimsuit: shorts/trunks; quick-dry shorts & sports bra (no bikinis)
- T-shirts: 3 - 4 (if possible not cotton)
- Fleece Jacket:** warm synthetic fleece or wool (not cotton)
- Long pants:** 1 pair nylon/synthetic (e.g. nylon hiking pants)
- Shorts: 2 - 3 pairs (nylon/athletic type recommended), can use for swimming/canoeing
- Long underwear, top and bottom:** polyester or wool (not cotton), can use for sleepwear
- Socks:** 5 - 6 pairs, must be wool or synthetic hiking socks (if you have hiking liners, also bring those)
- Raincoat:** gore-tex or pvc, no thin plastic
- Rain pants:** gore-tex or pvc, no thin plastic
- Warm gloves:** fleece or wool
- Warm hat:** fleece, wool, or acrylic
- Sunhat:** such as a baseball cap
- Water/Camp Shoes:** Closed-toed sandals (brands like Crocs or Keens) or old pair of running shoes you are willing to get wet. (No flip-flops—must have backs)
- Hiking Boots:** Leather; need to have a sturdy sole and provide support to the foot and ankle

### Equipment and Miscellaneous Items:

*\*Items in **bold** are available for loan.*

- Towel: for showering at the ELC
- Toiletries: toothbrush, toothpaste, etc. (in small containers). Do NOT bring razors, deodorant, make-up, etc. Girls, please bring feminine supplies.
- Sunscreen & Lip Balm: SPF 15 or higher (travel size) for both
- Prescription medication: Double-set for your trip length
- Wristwatch: water resistant, with alarm is ideal
- Sunglasses:** with a strap to keep them on would be great!
- Bandana:** 2 or more
- Eating kit:** Cup (unbreakable; suitable for hot drinks), bowl, fork and spoon, in a mesh or ziploc bag
- Water Bottles:** Two, sturdy 1-liter, water bottles (for example a Nalgene)

- Small flashlight or headlamp:** with full batteries
- Sleeping bag:** rated to at least 20 degrees, down or synthetic, packable (in a stuff sack)
- Sleeping pad:** Thermarest
- Large Backpacking pack:** 60-80 liter backpack for carrying everything while in the wilderness (internal or external frame with good hip belt). Must fit you well and have room for all your personal items plus group gear and food.
- Day pack:** sturdy, big enough for a jacket, lunch, water bottle, and books.
- Collapsible duffel bag:** one bag that can hold extra gear when not in use. (for example Army-size duffel)

**Large plastic garbage bags are helpful for lining your backpack to keep your clothing and gear dry.**

### **Extra optional items:**

(not necessary, but you might want them)

- Towel: only if you would like to shower the night or morning before you leave for the backcountry
- Bug Spray: do not get combination sunscreen/bug spray (small bottle only)
- Book to read: small/paperback
- Materials for drawing/sketching
- Camera: waterproof case/Ziploc bag is a good idea. Understand you are taking a risk of it getting wet, damaged, or lost. **We do not allow students to bring a cell phone to use as a camera.** There will be a group camera on each course, and students will be able to access photos from their course after they get home.
- Fishing pole: collapsible; need fishing license as well
- Binoculars: lightweight only

**We recommend bringing a cell phone with you so you can call your parents/guardians on your way home to let them know your exact arrival time. However, we will lock all electronic items (cell phone, iPods etc.) up at the ELC while you are in the backcountry so they do not get lost or broken. Please note there is NO cell phone reception at the ELC.**