



Packing for Youth Leadership Adventures



Packing Information

Below you will find a list of the gear and clothing that you will need for your course. We have a gear-lending library and are happy to loan you any equipment that you do not already have. **We ask that you bring what you have and we will provide the rest.** An instructor will call you one week before your trip to talk about what you need to borrow.

Medications

Please bring two sets of your medications, if applicable, so we can safely store a backup in case something happens to the first set. The first set of medications **MUST** be in the original containers with the medication and dosage written on the bottle. The second set should be stored in a waterproof bag or container with the medication and dosage information. North Cascades Institute instructors hold and administer all medications. Exceptions to this medical policy are asthma inhalers, epipens for severe allergies and/or diabetic medications--students carry the first set and their instructor will carry the backup.

Cell Phones

We encourage you to bring a cell phone to contact your family on your way home from the trip, but **we do not allow cell phones on the trip**. The cell phones will be collected by our staff and locked up safely for the entirety of your trip. There is no cell phone reception at the Environmental Learning Center or in the wilderness.

Digital Cameras

If you have an inexpensive digital camera, you may bring it on your trip. Make sure you pack extra memory cards and batteries. We do take along a group camera, and photos will be shared digitally after each trip.

Alcohol, tobacco, and illegal drugs

We have a zero-tolerance policy for alcohol, tobacco, and illegal drugs. Students who bring these items to North Cascades Institute will be sent home immediately.





Packing List

Must bring from home

Underwear: 4-5 pairs; 2 sports bras, if applicable

Swimsuit: shorts/trunks; quick-dry shorts & sports bra (no bikinis)

T-shirts: 2-3, ideally not cotton

Athletic shorts: 2-3 pairs, ideally not cotton

Toiletries: toothbrush and toothpaste (small). *Optional* to bring personal sunscreen, SPF lip balm, face wash or wipes, face lotion (small), comb/brush. Bring menstruation supplies if you might need them. **Do not bring** razors, deodorant, make-up, shampoo, body wash etc.

Prescription Medication: if applicable; bring 2 sets

Prescription Glasses: If applicable; if you wear contacts make sure you also bring glasses

Available to loan from North Cascades Institute. Bring what you have, and we will provide the rest:

Sun shirt (long sleeve button up, can be cotton)

Hiking pants: 1 pair, nylon/synthetic

Fleece jacket: Medium Weight

Long underwear: top and bottom

Socks: 3-4 pairs; wool or synthetic

Water/camp shoes: close-toed shoes (Crocs or Keens) or old pair of gym shoes

Hiking boots: leather, ankle high

Raincoat / Rain pants

Warm gloves & Warm hat

Sun Hat: Baseball cap or bucket hat

Sunglasses: with a strap or case

Bandana: 2

Water bottles: 2 (1 Liter)

Small flashlight or headlamp

Eating kit: cup and bowl (plastic or aluminum), fork and/or spoon, in a bag

Sleeping bag: 30 degrees Fahrenheit or below in a stuff sack; packable

Sleeping pad

Optional items:

Book: small, paperback

Drawing/sketching materials

Wristwatch

Camera (we do carry a group camera)

