



BRING-ALONG LIST

*Pack Carefully and Don't Forget Your **Raingear!***



Helpful Hints for packing:

Try to limit yourself to **one suitcase** or duffel bag and a rolled up sleeping bag. You will carry your luggage from the bus to your cabin.

- 2) Put your **name** on everything.
- 3) Bring **OLD clothes and shoes!** You will get wet and muddy.
- 4) A **rain coat** or poncho (and warm clothes if applicable) are essential because classes are held outdoors rain or shine.
- 5) This list is for a 3-day program. Adjust it according to the length of your trip.

SUGGESTED

- ___ 1 water bottle
- ___ 1 rain coat or poncho (**A MUST!!**)
- ___ 4 changes of socks
- ___ 3 changes of underwear
- ___ shirts
- ___ 2 pairs of pants
- ___ 2 pairs of shorts
- ___ 1 heavy jacket (for cool evenings)
- ___ 1 heavy shirt (sweatshirt)
- ___ 1 pajamas
- ___ 1 towel & wash cloth
- ___ 1 laundry bag
- ___ toiletries
- ___ 1 pillow
- ___ snack money (\$1.25/day)
- ___ **cool weather additions** (if applicable)
- ___ sunscreen
- ___ 2 pairs old sneakers—**A MUST!** (1 will get wet)
- ___ 1 sleeping bag (or sheets & blankets for a single bed)
- ___ 1 bandana or cloth napkin for meals
- ___ 1 pen or pencil
- ___ 1 small backpack or fanny-pack

COOL WEATHER ADDITIONS

Cool weather dressing hints:

1. Wool and synthetic clothing work best for maximum warmth outdoors.
2. "Layering" of clothing traps heat for increased warmth.
 - ___ **coat**
 - ___ **warm hat**
 - ___ **gloves**
 - ___ **extra socks**
 - ___ **long underwear**

PLEASE DO NOT BRING

- fireworks / matches**
- food / gum / candy**
- knife / weapons**
- radio / Walkman / Discman**
- electronic games**
- cellular phone**
- aerosol-type insect repellent (lotions or wipes are better)**

OPTIONAL

- ___ sun hat / cap
- ___ alarm clock
- ___ cup for bathroom
- ___ flashlight
- ___ camera/ film
- ___ swim suit (in Sept. or May)
- ___ hand towel
- ___ souvenir money (\$12-\$20)
- ___ carrying strap for water bottle
- ___ sandals (for shower use only!!!)