
Student's Name

Vista's White Mountain Overnight Equipment List
For Duffel or Extra Pack

We will be camping for two days. During that time, our clothing and equipment will be our shelter . Having warm clothes can mean the difference between a great time and a miserable experience. You must have every item listed below except the optional items. It is important that you make every attempt to borrow any equipment you do not own. Clothing must not contain cotton. Cotton, once it is damp or wet, wicks heat away from your body and does not dry quickly. Synthetic materials such as polypro, fleece, and other materials are a better choice in the mountains.

- _____ sleeping bag (packed in two trash bags to keep it dry)
- _____ tent (if you are the one providing it; minimum 2-person, maximum 4-person)
- _____ duffel bag or extra backpack to pack your extra non-hiking clothes in
- _____ trash bag to line your pack or duffel to keep things in it dry
- _____ extra long underwear (tops and bottoms)
- _____ extra long pants
- _____ extra turtleneck or long-sleeve shirt
- _____ extra fleece jackets or wool sweaters
- _____ extra wool or synthetic socks (2 pairs)
- _____ extra wool or synthetic ski hat
- _____ extra shorts (1 pair)
- _____ extra T-shirt (2)
- _____ sneakers, for in camp
- _____ toothbrush and paste
- _____ towel, small for face washing

Optional Items

_____ binoculars, camera/film, foam sleeping pad

You may not bring the following items: Walkman, Game Boy, knife, whistle, and any other item not permitted in school.