
Student Name

What To Carry In Your Day Pack

____ Day pack (large enough to carry all the items below)

____ Trash bag to line your pack with to keep things in it dry

____ Rain jacket and pants that are seam-sealed (can also count as wind gear)

____ 2 water bottles (at least 32 oz. each, a Gatorade bottle works great (don't reuse it), fill with water, no soda, keep it inside a Ziploc bag) **No glass containers.**

____ Bag lunch for Thursday along with snacks (trail mix, peanuts, raisins, apples, chocolate, granola, dried fruit etc. are good high-energy hiking snacks)

____ Flashlight and batteries (turn at least one battery upside down)

____ Extra batteries

____ Mittens or gloves

____ Baseball type hat for the sun

____ Wool or synthetic ski hat

____ Turtleneck or long-sleeve shirt (**no cotton, not good in the mountains**)

____ Some type of pants on your legs for warmth (sweats, wind pants, long underwear bottoms — **no cotton, not good in the mountains**)

____ Layers to keep you warm using any of the following in combination: wool sweater, fleece jacket, turtleneck, long-sleeved shirt (**no cotton, not good in the mountains**)

____ Extra pair of socks

____ Any personal items or medications (give them to your advisor)

____ Sunscreen/lip slime

____ Nature journal

____ Pencils, at least two

____ Tool kit

Optional Items: camera/film/binoculars

***All gear from the other side should be packed in a separate bag. Make sure you pack it all in a trash bag first.**

Come dressed in the following on Thursday morning:

•Hiking boots and wool or synthetic socks

•T-shirt—no cotton

•Shorts—no cotton