



## CLOTHING AND EQUIPMENT LIST



Please arrive at NatureBridge dressed for hiking and with your pack ready!

Day Pack – Be prepared! Upon arrival you will be on the trails and need a pack filled with the five items below. *Pack your personal and overnight items separately.*

**Rain Gear** – waterproof, not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry.

**Warm Knit or Fleece Hat** – for cool nights and possibly rainy days.

**Water Bottle** – unbreakable one quart plastic bottle with screw-on, leak-proof top (such as soda or sports drink bottles). No glass bottles please!

**Extra layers of warm clothing**



**Sack Lunch** – for the first day only.

**Foot Gear** - bring two sturdy pairs: worn in hiking boots, sneakers or walking shoes and/or rubber or waterproof boots. Trails can be wet and muddy in any season. Allow an extra pair of shoes in case others get wet.

**Pants** – three rugged pairs (including one pair of warm pants)

**Shirts** – three rugged shirts, plus a few lightweight shirts for warm weather

**Sweater or Fleece** – two lightweight wool or fleece layers are best; avoid cotton

**Jacket** – an insulated layer, such as a parka with hood is a good choice.

**Socks** – five pairs of socks

**Underwear**

**Pajamas, Bathrobe, Flip Flops or Water Shoes** – remember - bathrooms, showers may be in a separate building

**Towel**

**Toiletries** – shampoo, soap, toothbrush, toothpaste, deodorant

**Sleeping Bag, Pillow** – good quality synthetic or down fill; sheets and blankets are fine if you do not have a sleeping bag.

**Optional Items** – sunglasses, recyclable camera

### NOTE TO PARENTS AND STUDENTS:

*Please do not bring:*



**Extra food** – food is not allowed in the cabins. Ample food will be provided.

**Knives** – are a safety hazard!

**Flashlights**

**ANYTHING THAT WOULD BE SADLY MISSED IF LOST!**