



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!