

## Backpacking Packing List

Follow this checklist closely when packing for your trip. **Your safety and comfort depend on it!**

Check in with your lead teacher about **current snow conditions**. We sometimes can have a thick layer of snow on the ground as early as September and as late as May.

### Clothing

~March to October/ No Snow	~November to February/ Snow
<b>Hiking boots/sturdy athletic shoes</b> – broken in!	<b>Winter boots</b> – Broken in, waterproofed, have removable insulating liners and space to wear heavy socks. Waterproof hiking boots work but are not as warm. <b>Gaiters</b> – Knee-length preferred over ankle-length. <b>Booties</b> – Down or fleece; for keeping feet warm and dry around camp.
<b>1-2 fleece jackets, wool sweaters, or down jackets</b>	<b>2 fleece/wool sweaters</b> <b>1 insulated down or synthetic parka/jacket</b>
<b>1 pair of shorts</b> – could be zip-off shorts from hiking pants. <b>1 pair of pants</b> – quick-drying hiking pants. No cotton! <b>1 pair of rain pants</b> – Gore-tex or coated nylon. No plastic vinyl.	<b>1 pair of warm pants</b> – fleece or wool. No cotton. <b>1 pair of rain pants or snow pants</b> – Gore-tex or coated nylon. No plastic vinyl. Insulated, waterproof snow pants will work instead of rain pants but make regulating temperature hard.
<b>1 pair of gloves or mittens</b>	<b>2 pairs of mittens</b> – Mittens are warmer than gloves. One pair should have a waterproof outside layer for use in snow, and one should be fleece or wool.
<b>Rain jacket with hood</b> – Gore-tex or coated nylon. No plastic vinyl.	
<b>3-4 pairs wool or synthetic socks</b> – no cotton!	
<b>Underwear and sports bras</b>	
<b>Long underwear top and bottom</b> – silk, wool, or synthetic. No cotton!	
<b>2 T-shirts</b> – one for hiking; one for in camp.	
<b>1 Warm hat/“beanie”, 1 lightweight hat with brim</b>	
<b>Bandanna</b> – to eat trail lunches.	

### Personal Equipment

~March to October*	~November to February*
<b>Sleeping bag and stuff sack</b> – Warmth rating between 0-20°F. No cotton!	<b>Sleeping bag and stuff sack</b> – Bag should be rated 0°F or below. No cotton!
<b>Sunglasses</b>	<b>Dark sunglasses or mountain goggles</b> – Must screen ultraviolet light to prevent snow blindness.
<b>Personal medications</b> – an adult will distribute personal medications (prescription and over-the-counter) during your time with NatureBridge.	
<b>Backpack</b> - Capacity of at least 65L; internal frame packs preferred. Must be able to fit bear can, personal gear, and group gear, such as tents and stoves.	
<b>Sleeping pad</b> – lightweight foam or Thermarest-style inflatable.	
<b>3 garbage bags</b> – Large, heavy duty bags for protecting pack from rain and snow.	
<b>Lightweight eating gear</b> – cup, bowl, spoon.	
<b>Two water bottles</b> – quart or liter-sized.	

<b>Flashlight or headlamp with spare batteries</b> – small and lightweight.
<b>Chapstick</b> – at least SPF 15.
<b>Other toiletries*</b> – toothbrush, small tube of toothpaste.
<b>Journal and pen/pencil in Ziploc bag</b>
<b>Knee/ankle brace</b> – required for students who normally use them for physical activity.

## Optional Gear

~March to October	~November to February
Another pair of sneakers, sandals, or "croc"-style shoes – to wear in camp, potentially for stream crossings.	Wool or fleece scarf or neckwarmer
A small paperback book or field guide	
Camera – strongly recommended that you bring a camera that is separate from your phone.	
Trekking poles – recommended for students with knee or ankle issues.	

## Clothing and gear for nights in cabins

These extra items will be locked into a storage space during your backpacking trip.

<b>Other clothes</b> – Clothes for hiking, sleeping, and transportation on non-backpacking days.
<b>School backpack</b> – for going on short hikes on cabin days.
<b>Toiletries, such as soap and shampoo*</b> – you will not be able to shower while backpacking, but you may when staying in cabins.
<b>Pillow and towel</b> – if staying at our Crane Flat campus (not necessary in Curry Village)

## Please do NOT bring:

- **Extra food**, including gum and candy. Food is not allowed in cabins. Ample food will be provided.
- **Knives**
- **Bug spray**
- **Electrical appliances and games**, including MP3 players, video games, solar chargers, etc.
- **Anything that would be sadly missed if lost!**

## \*A word about toiletries

On your backpacking trip, everything with any sort of scent will have to be stored in a limited number of bear-proof canisters that you will carry with you. This includes all food, toiletries, toothpaste, lip balm, sunscreen, etc. Space in these canisters is very limited, and animals will readily go after any scented items not properly stored. For this reason, students are restricted in their toiletries on the backpacking portion of the program. Soap, shampoo, deodorant and lotions can be used during your stay in cabins, then put in storage during your time in the backcountry.