

OUR SIDE OF THE MOUNTAINS PACKING LIST

CLOTHING AND SHOES		
1	Rain Coat	Waterproof Rain Coat with a hood
1	Rain Pants	Waterproof Rain Pants
1	Pants	Quick dry, light-weight pants to wear when bugs are out
1	Long Underwear	Light-weight long underwear top and bottom, wool blends are most comfortable and don't retain body odors
1	Quick dry shirt	Short-sleeve wool or synthetic exercise shirt
1	T-shirt	Choose shirts with graphics that don't offend others
1	Sweater	Light-weight and packable
1	Wool socks	Summer weight wool socks
1	Sun Hat	
1	Shorts	Quick dry shorts
1	Bathing suit	
1	Running or hiking shoes	Well-worn in, so you don't get blisters
1	Sandals	Water sports sandals that are secure on your feet in and out of the water
EQUIPMENT AND SUPPLIES		
1	Water Bottle	Wide-mouth, 32 Oz water bottle
1	Sunblock	Small tube, fragrance-free and biodegradable
1	Journal and writing utensils	A small field journal
1	Day Pack	
LUNCH AND SNACK		Every meal is a potluck! Instead of packing lunch for yourself, bring one or two food items to share with the group of 14. This can be as simple as a block of cheese or a loaf of bread, a watermelon, or 14 granola bars. Shared lunches are a curriculum element designed to encourage social connection by giving and receiving.

Purchasing equipment: consider supporting companies that are B-Corp certified, to support fair labor and environmental practices, such as Patagonia. In addition, please consider used equipment sources, such as Patagonia Worn Wear or Outdoor Gear Exchange in Burlington, VT.

Specialty Gear: We will provide all specialty equipment needed for your program, such as a compass, a life jacket, a paddle, climbing equipment, etc.

Your packing list is designed for various weather scenarios and outdoor activities. Bring everything on the first day, you will get a cubby to leave your extra things.