











Below you will find a checklist of items to pack. Please label all of your things and pack them in a suitcase or duffel bag. **Bring only the items found on this list as your backpack may become very heavy.** Avoid white clothing as it becomes very dirty and do not pack your best clothing. You must bring warm clothing. **Avoid cotton and try to pack wool and synthetic items** (fleece, polyester, acrylic and polypropylene). Additional information can be found on page 2.

	CLOTHING ITEMS NEEDED	Quantity		TOLIETRIES & OPTIONAL ITEMS	Quantity
<input type="checkbox"/>	<b>Hiking Boots</b> No steel-toed boots light weight, rubber soles, ankle support	1 pair	<input type="checkbox"/>	<b>Sunscreen &amp; Bug Repellant</b> Travel sizes are Best! SPF 30 or higher, non-aerosol.	2 each
<input type="checkbox"/>	<b>Camp and/or Water Shoe</b> No flip flops/slippers! Closed toed with a heel strap or back.	1 pair	<input type="checkbox"/>	<b>Toiletries</b> Travel sizes are best! Toothbrush, toothpaste, feminine hygiene supplies, baby wipes, foot powder (non-medicated)	2 each
<input type="checkbox"/>	<b>Long Pants</b> No jeans! Lightweight, loose fitting, nylon or polyester.	1 pair	<input type="checkbox"/>	<b>Headlamp</b> or small flashlight with 4 sets of extra batteries	1 each
<input type="checkbox"/>	<b>Shorts</b> No short shorts! Athletic nylon.	2 pairs	<input type="checkbox"/>	<b>Camera</b> (optional) Disposable ones only!	
<input type="checkbox"/>	<b>Fleece Shirt and Pant</b> No cotton hoodies and/ or sweats!	1 shirt 1 pant	<input type="checkbox"/>	<b>Letter writing material</b> (optional) stamps, envelopes, writing paper, postcards	
<input type="checkbox"/>	<b>Long Sleeve Shirt or wind breaker</b> No cotton! Unlined nylon wind jacket or button up shirt.	1 shirt	<input type="checkbox"/>	<b>Notebook and a pen</b> (optional) small size (pocket-sized)	
<input type="checkbox"/>	<b>Socks</b> Wool or synthetic Length should be above your boot	3 pairs	<input type="checkbox"/>	<b>Sunglasses</b> (optional)	
<input type="checkbox"/>	<b>Underwear</b> synthetic material for all undergarments • Girls: Sports Bras with no wires • Boys: recommend briefs and/or boxer briefs.	3 pair 1-2 bras	<input type="checkbox"/>	<b>Bandana and or Hand Towel</b> (optional)	1 or 2 each
<input type="checkbox"/>	<b>T-shirts</b> At least 1 should be synthetic, athletic shirts and the rest can be cotton or cotton blend.	3 each	<input type="checkbox"/>	<b>Swimsuit</b> (optional)	1 each
<input type="checkbox"/>	<b>Hats</b> • baseball cap or hat with visor • wool or fleece winter beanie	1 each 1 each			
<input type="checkbox"/>	<b>Eating Utensils</b> Cup, Bowl, Spoon-sturdy and durable	1 each			

	FOR COURSE ENDING	
<input type="checkbox"/>	Bathing items: shampoo, soap etc.	<b>Here are two very important links to check out BEFORE your Expedition:</b>  1. Contains videos that explain what to purchase, and what to pack for the expedition. <a href="https://www.youtube.com/playlist?list=PLmqgH3yIIgPZYoyWl-Y11qMD_H9WfViOu">https://www.youtube.com/playlist?list=PLmqgH3yIIgPZYoyWl-Y11qMD_H9WfViOu</a> 2. And a link with shopping suggestions: <a href="https://youtu.be/RAAdT2AWeggo">https://youtu.be/RAAdT2AWeggo</a>
<input type="checkbox"/>	Large bath towel / washcloth	
<input type="checkbox"/>	Full change of clothes shorts or jeans, T-shirt, underwear, socks	
<input type="checkbox"/>	Sneakers (to be used on last day event)	

**DO NOT BRING THE FOLLOWING!:**

- |   |  |
|---|--|
|  Knives or weapons, of any kind                            |  Fishing gear                         |
|  Aerosol spray cans of insect repellent or other materials |  Snacks or food                       |
|  Money, expensive watches, jewelry, or other valuables     |  Illegal drugs or alcohol             |
|  Cell phones, electronic games, devices or music players   |  Cigarettes or other tobacco products |

**EQUIPMENT**

Wilderness School will provide all outdoor equipment needed for the Expedition, including your backpack, sleeping bag, rain jacket, water bottles, and group gear such as tarps to sleep under and cooking gear. Please do not bring any of your own outdoor equipment, as you will be required to use equipment provided by the Wilderness School.

**NO SMOKING**

There is no smoking or use of tobacco products allowed at the Wilderness School or during any of its programs. If you smoke, plan to cut down and stop before the course begins. If you cannot quit smoking, we recommend you address your use of tobacco and re-apply to Wilderness School at another time.

**HYGIENE**

Your instructors will teach you how to keep clean in the woods. Soap will be provided during course for washing up. Baby wipes are also helpful for cleaning up quickly. For females, it is necessary to bring plenty of maxi pads and/or tampons. As all feminine hygiene products must be carried out of the campsites, aluminum foil and extra zip lock bags can help you to be discrete when disposing of feminine products.

**RESUPPLY**

Clean clothing and supplies will be separated on day one and given out mid-way through the expedition. Please bring two sets of travel sizes of all hygiene products as well as extra bug repellent, sunscreen and feminine hygiene supplies.

**WARM CLOTHING**

You will need to bring warm clothing to the Wilderness School. Wool, polypropylene, and other synthetic fabrics such as nylon, polyester, Orlon and non-cotton fleece are essential because they will keep you warm when they are wet. They also allow for ventilation and will dry easier. Cotton clothing retains water and will not provide adequate insulation when wet. Your comfort and safety requires proper clothing. The Wilderness School can answer any questions you may have on this and can supplement the clothing list with wool or fleece items and can provide fleece tops, pants and hat as needed.

**MAIL**

If you wish to send mail, bring writing paper or postcards, stamps (peel and stick are best), envelopes and a pen. To receive mail, have family and friends use the address below. Please do not have packages of any kind sent to you, as they will be held until graduation.

(YOUR NAME)  
 WILDERNESS SCHOOL  
 240 NORTH HOLLOW ROAD  
 EAST HARTLAND, CT 06027

**COURSE START AND ENDING**

Courses begin at 10:00 a.m. Students need to arrive between 9:00 a.m. and 9:30 a.m. for registration. The course ending time will be outlined in the acceptance letter. Please arrive 15 minutes prior to the course ending ceremony to allow time for parking and to ensure a timely start to the ceremony.