



## packing list

### ESSENTIAL ITEMS FOR BOTH DAY AND OVERNIGHT PROGRAMS

- ◆ **Prescription Medications**—in original container with directions and dosage amount, given to your trip leader or chaperone
- ◆ **Closed Toe Shoes**—sneakers, running shoes, hiking boots, etc.
- ◆ **Shoes for Water Activities** (Alafia Adventure, Canoeing, Cast Away, Estuary Explorer, Water World) Flip flops will not be permitted. They must have a strap on the back.
- ◆ **Towels**
- ◆ **Rainwear**
- ◆ **Reusable Water Bottle**
- ◆ **Bathing Suit**—if your group has water activities
- ◆ **Jacket**
- ◆ **Long-sleeved Shirts**
- ◆ **Long Pants**
- ◆ **Longer Shorts**—for tree climbing and high ropes
- ◆ **EPA-registered Insect Repellent**
- ◆ **Sunscreen**

### ADDITIONAL ESSENTIAL ITEMS FOR OVERNIGHT PROGRAMS

- ◆ **Bedding**—pillow and sleeping bag OR pillow and linens for a single bed—no linens are provided
- ◆ **Toiletries**—shampoo, conditioner, soap, toothbrush and toothpaste, etc.
- ◆ **Clothing for Each Day**—including pajamas, underwear, socks, etc.

### OPTIONAL ITEMS

- ◆ **Camera**
- ◆ **Sunglasses**
- ◆ **Hat**
- ◆ **Individual hand sanitizer**
- ◆ **Cell phones**—will be held by a chaperone and used only during designated times
- ◆ **Money**—only if required by your school/group

**Please leave your nice, expensive things at home because they could be lost or damaged. Pathfinder is not responsible for lost or damaged items.**

**Pack for casual comfort in the outdoors but understand that we will be in a natural environment. Ants, mosquitoes and other bugs are to be expected.**