NatureBridge

Packing List

This list is for all participants. Please adjust numbers of items based on the number of days staying at NatureBridge. **Please arrive dressed for hiking and with your day pack ready.**

Required for Hiking Day

- ❏ **Lunch for the first day of your program**
- ❏ Daypack (large enough for a water bottle, notebook, pencil, rain gear, warm layers, lunch and bandana)
- ❏ Water bottle (a hard plastic or metal water bottle with closeable lid)
- ❏ Pen or pencil
- ❏ Rain gear (rain jacket and rain pants, or poncho)
- ❏ Jacket (insulated layer with a hood)
- ❏ Extra layers (fleece, long-underwear and long-sleeve shirts for colder days)
- ❏ Footgear (close-toed, sturdy, ankle-supporting, preferably water-resistant hiking shoes or boots. Tennis shoes/athletic sneakers also ok.)
- ❏ Rain cover or large plastic bag to keep your daypack dry
- ❏ Bandana or cloth napkin to serve as a placemat for our outdoor lunches
- ❏ Hat with brim, sunscreen, sunglasses
- ❏ Personal medications (coordinate with teacher)

Required for Overnight (after 4 p.m.)

- ❏ Warm sleeping bag and pillow (blankets are ok too!)
- ❏ Comfortable shoes for activity time and as a backup pair of shoes
- ❏ Base layers (long-sleeve shirt and underwear)
- ❏ Shirts (bring extra pairs, recommend long sleeve, synthetic/wool)
- ❏ Long pants (loose fitting with room for layer underneath)
- ❏ Socks (bring 3 more pairs than the number of days you will be at NatureBridge)
- ❏ Underwear
- ❏ Warm pajamas
- ❏ Warm hat and gloves
- ❏ Toiletries (soap, toothbrush, toothpaste, brush, shampoo, etc.)
- ❏ Bath towel and washcloth
- ❏ Sandals to wear in the shower
- ❏ Personal medications (coordinate with teacher)

Optional

- ❏ Camera (that does not connect to the internet)
- ❏ Small comfort items (stuffies, books, etc.)
- ❏ Face masks/facial coverings (not required for programming)

Please Do Not Bring

- ❏ Extra food (food is not allowed in the dorms. If additional food is needed due to dietary restrictions, it will be stored elsewhere on campus)
- ❏ Electronics (Cell phones)
- ❏ Anything that would be sadly missed if lost!