

Items to Bring

Only one (1) bag preferable (canvas or duffle bag) per student
(depending on length of stay)

Refillable individual water bottle (extremely important)

Warm Sleeping bag (a bedroll can substitute, using blankets and sheets from home. Temperatures in the mountains can vary by 40 degrees, from 40 to 80, so be prepared with layers of clothes and warm sleeping gear.

Pillow

Pajamas

Pair of shoes suitable for hiking

2 pairs of jeans

Change of shirts, long and short sleeve. Sweatshirts and T-shirts are fine.

1 “season appropriate” jacket

Change of Underwear

Flashlight with new batteries

Pencils and a spiral notebook

Swimming suit (Mid-February to November)

Chapstick or Vaseline for dry skin

Comb, Soap, Towels, Washcloth, Toothbrush, Toothpaste, Sun Screen

Any other items of clothing you desire to fit scheduled activities.

There are coke machines, so students may want change for sodas. It is recommended that this be made available for students/youth as a special treat once during their visit.

Optional Items:

Binoculars

Camera with Film – Disposables work best!