

Middle School Wilderness GEAR LIST 2022-2023

Every student **MUST** have the following **LABELED** with their name:

- A big enough bag to contain all belongings.
- Day pack (could be hydration pack or just a regular backpack for day use)
- Quality** Sleeping bag (made of synthetic fiber material that will keep them warm even when wet)
- Sleeping pad (ridgerest or therma-rest style, very small & compact)
- Headlamp or flashlight w/extra batteries
- 2 liters of h2o!** Hydration pack **or** 2+ 1ltr Nalgene-style bottles (refillable water bottles or camelback style)
- Hat
- Sunglasses
- Durable waterproof rain gear** incl. poncho/jacket and pants (it **will** rain during Wilderness) **This is a must!**
- Boots or sturdy, lace-up shoes that must tie tightly (pref. hiking boots/shoes NOT smooth tread)
- Sandals/flip flops or Croc style waterproof shoes

Set of synthetic clothing during Wilderness: (name on it all)

- 1 non-cotton short sleeve shirts
- 1 non-cotton long sleeve shirt
- 1 pair non-cotton long pants (no jeans)
- 1 pair non-cotton shorts (zip off legs work well)
- 1 pair non-cotton socks
- 1 pair prefer non-cotton underwear
- 1 set of cotton clothes (jeans, t-shirt, & sweatshirt) Non-Nela attire ok during Wilderness
- Warm layer: synthetic warm jacket (fleece, wool--**NO cotton**).
- Sun block & insect repellent
- Travel size toiletries (toothbrush, toothpaste, comb, etc.) in a ziplock style bag
- Small travel size hand sanitizer
- 1 unbreakable mug/cup
- 1 unbreakable bowl w/lid
- unbreakable eating utensils
- Wet wipes

Over packing makes things VERY difficult. One of the great things your child will learn from this experience is that they DO NOT need an iPod, television, 10 pairs of jeans, and cellphones to live in comfort. In fact, they will likely learn that life can be more comfortable and exciting without these things.

Remember to label all items with the student's name (even if they recognize their own stuff)!

We ask students to NOT bring makeup, cell phones, headphones, or music on wilderness trips.