

High School Wilderness GEAR LIST

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

- ___ Full size duffel bag or back country style backpack (must 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
- ___ **3 liters of h2o!** Hydration pack **or** 3+ 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 or 2 non-cotton short sleeve shirts
- ___ 1 or 2 non-cotton long sleeve shirt
- ___ 1 pair non-cotton long pants (no jeans)
- ___ 1 pair non-cotton shorts (zip off legs work well)
- ___ 3 pairs non-cotton socks
- ___ 1 or 2 pair prefer non-cotton underwear
- ___ 1 set of daily, cotton clothes (jeans, t-shirt, & sweatshirt) Non-Nela attire ok during Wilderness
- ___ Small-light weight towel for in camp/overnights

- ___ 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
- ___ 2 thick garbage bags
- ___ 1 unbreakable mug/cup
- ___ 1 unbreakable bowl w/lid
- ___ unbreakable eating utensils

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.