

Suggested Clothing List for Fall & Spring Trips to Glen Brook

Since weather conditions can vary widely, we recommend layering clothing rather than bringing one-purpose clothing. All clothing should be marked with student's name. This is an active outdoor program and valuable clothing or jewelry is highly discouraged. Fashion statements are superfluous to this trip, and grass stains and mud are very possible. Some items, like swimsuits, may not be necessary if it is particularly late or early in the season.

4-5 t-shirts/short-sleeve shirts

2-3 pair jeans/pants

1-2 long sleeve shirt (synthetic or wool are best)

1-2 sweater or fleece (polar fleece or wool are warm even when damp, unlike cotton)

Medium-weight jacket (a wind-proof one is especially good)

Rainwear (coat and pants)

5 changes underwear

5-6 pairs socks—two wool or synthetic for hiking

Pajamas or sweats

Warm hat

Sleeping bag

Towel / washcloth

Toiletries

Two pair of shoes, one of which is a good sturdy shoe or boot for hiking

(A good sneaker is adequate, but not lightweight “Keds” or such)

Water Bottle (**At least 1 liter**) - can be a soda bottle.

Day pack to carry food, water, and extra clothing on hikes

Swimsuit/Towel

Small unlined Journal with pens/pencils—colored pencils are great

Schoolwork (some programs)

Medications (Contact your teacher for information on how these are handled)

Long underwear (especialy if late or early in the season)

OPTIONAL

Camera

Pair or two of shorts in case it is unusually warm

Flashlight

Pillow, teddy bear

Reading book for free time

Laundry bag or pillowcase

Please note: Each school will set its own policy regarding use of personal stereos, electronics, games, and “junk” food on trips. Because of potential problems with ants and mice, food cannot be kept or eaten in dorm rooms or tents.