Suggested Packing List for Fall and 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. We go out in all weather so rain gear is mandatory.

- 4-5 t-shirts/short-sleeve shirts
- 2-3 pair jeans/pants
- 2 long sleeve shirts (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
- Warm gloves
- Long underwear (especially if late or early in the season)
- Sleeping bag
- Fitted sheet for twin bed
- Towel / washcloth
- Toiletries & Medications (Contact your teacher for information on how these are handled)
- Shoes: One sturdy shoe or boot for hiking, one pair mud boots, one pair indoor shoes or slippers
- Water Bottle (**At least 1 liter--33.8oz**) **-** can be a soda/seltzer bottle.
- Daypack to carry food, water, and extra clothing on hikes
- Pens/pencils—colored pencils are great
- Schoolwork (some programs)
- Swimsuit

OPTIONAL

- Camera
- Pair of shorts in case it is unusually warm
- Flashlight
- Pillow, teddy bear
- Reading book for free time
- Laundry bag or pillowcase

Please note: Do not send your children with any food; all their snacks and meals are provided. This includes energy bars and candy. Electronics are not allowed on any Glen Brook trips.