

# Packing List for Backpacking Trips



*If you do not come to Glen Brook with the required items, you may be unable to participate. Items in bold are crucial.*

## Required:

- 2-3 tee shirts (synthetic—not cotton)
- **1 set (top and bottom) long underwear--wool or synthetic**
- 1 synthetic long sleeve shirt
- 1-2 long pants (zip-off types are nice in changing weather conditions. Synthetic athletic pants are good also)
- **At least three pair wool or synthetic hiking socks – very important!**
- 1 pair shorts
- 5 pair undergarments
- **Rain gear - tops and bottom, either Gore-Tex, rubber, vinyl or coated nylon, not breathable nylon.**
- **Sturdy hiking shoes (not keds, converse, or basketball sneakers. Shoes must be broken in. Call if unsure!**
- Comfortable camp shoes (slip on or flip flop type—eurythmy slippers are perfect!)
- **Wool or fleece hat**
- **Gloves**
- **One sweater. Polar fleece, wool, soft shell NO COTTON SWEATSHIRTS**
- Sleeping clothes (appropriate to wear outside—can be your long underwear)
- Towel (synthetic, wring-able towels are ideal)
- **Backpack 2500-3500 cubic inches. (Glen Brook has a limited supply to borrow—call for details)**
- Sleeping bag (not cotton) with stuff sack (mummy type is best)
- **2 One liter water bottles** – (A Camelback-type system is great, but you MUST bring a bottle because camel backs often break)
- Small unlined journal with pen/pencil
- Personal hygiene kit
- Medications (Contact your teacher for information on how these are handled)
- Small flashlight (headlamp is best)
- Sunscreen: SPF 30 or better
- Bug repellent

## Recommended

- Film Camera (leave digital cameras at home)
- Reading materials for down time
- Lightweight binoculars

## Things to leave at home:

- Personal Video Games
- ipods
- Cell Phones
- Money

\*\*\*Good sources for inexpensive gear are [www.campmor.com](http://www.campmor.com) , [www.sierratradingpost.com](http://www.sierratradingpost.com). With backpacks it is important to have it fitted to your child's size, so please check with manufacturer for fitting instructions.