

## Packing List for River Trips



Since weather conditions can vary widely, we recommend layering clothing rather than bringing one-purpose clothing. All clothing should be marked with the student's name. This is an active outdoor program and valuable clothing or jewelry is highly discouraged; grass stains and mud are to be expected.

Whenever possible, please consider synthetic material (or wool) over cotton. The reason is simple: when cotton gets wet, it does not keep you warm.

- 4-5 t-shirts/short-sleeve shirts (synthetic—not cotton)
- Long underwear, top and bottom (wool or synthetic)
- 1-2 long sleeve shirt (fleece or wool are best)
- 2-3 long pants (zip-off types are nice in changing weather conditions. Synthetic athletic pants are good also)
- 5 pairs socks—wool or synthetic
- 2-3 pair shorts (synthetic—not cotton)
- 5 pairs underwear
- **Rain gear - tops and bottom, either Gore-Tex, rubber, vinyl or coated nylon. Not breathable nylon**
- Two pair of shoes (some good choices: canvas sneakers; Teva or Keen sandals—but *not* flip-flops)
- Wool or fleece hat
- Gloves
- 2 sweaters. Polar fleece, wool, soft shell (no cotton!)
- Sleeping clothes: pajamas or sweats
- Towel (synthetic, wring-able towels are ideal)
- Day pack to carry food, water, and extra clothing on hikes
- 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 pens/pencils—colored pencils are great
- Personal hygiene kit
- Medications (Contact your teacher for information on how these are handled)
- Small flashlight (headlamp is best)
- Sunscreen—SPF 30 or better
- Swimsuit (two pair might be useful)
- Reading book for free time

**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.**