

What to Bring

a sleeping bag, OR 1 or 2 blankets and 2 single bed sheets

pillow

2 towels and washcloths

soap, comb/brush, toothbrush, toothpaste, etc.

several pairs of pants

one pair of shorts during warm weather

bathing suit

1 shirt per day and at least one sweater/fleece

warm coat, gloves and hat (evenings can get cool)

at least 1 pair of socks per day

1 pair of pajamas

underwear for each day

1 pair of sneakers

1 pair of old shoes for getting wet (closed-toed with strap on the back)

1 pair of comfortable sturdy shoes or boots for hiking. All shoes should be broken in
– nothing brand new!

notebook and pencils (journal)