



Clothing and Equipment List

This list is for all participants. Please adjust numbers of items based on the number of days staying at NatureBridge. Please arrive dressed for hiking and with your day pack ready!

****Your comfort increases with the number of clothing layers you have available!!****

Required for Hiking Day

- Lunch for first program day
- Day pack (large enough for water bottle(s), notebook, pencil, rain gear, warm layers, and bandana)
- Water bottle (at least one hard plastic or metal one-liter water bottle)
- Pen or pencil
- Rain gear (rain jacket and rain pants, or poncho)
- Jacket (insulated layer with a hood)
- Warm hat and gloves
- Extra layers (fleece, long-underwear and long-sleeve shirts for colder days)
- Foot gear (sturdy, ankle-supporting, preferably water-resistant hiking shoes or boots)
- Bandana or cloth napkin for an outdoor lunch place mat
- Sunscreen, sunglasses and sun hat
- Rain cover or large plastic bag to keep your day pack dry
- Personal medications (coordinate with teacher)

Required for Overnight (after 4pm)

- Foot gear (comfortable shoes for free time and back up)
- Warm sleeping bag and pillow
- Base layers (long-sleeve shirt and underwear)
- Shirts (bring extra pairs, recommend long sleeve, synthetic/wool)
- Long pants (loose fitting with room for layer underneath)
- Socks (bring 3 more pairs than the number of days you will be at NatureBridge)
- Underwear
- Pajamas
- Toiletries (soap, shampoo, toothbrush, toothpaste, brush, etc.)
- Bath towel and washcloth
- Sandals to wear in the shower
- Flashlight
- Personal medications (coordinate with teacher)

Optional

- Money for the NatureBridge store (all proceeds go towards scholarships for other students!!)
- Camera

Note to Parents and Students:

Please do not bring

Extra food (food is not allowed in the cabins)

Electronics

Anything that would be sadly missed if lost!