

Packing List 7th Grade Fall – (due at school: Tuesday, September 12)

PLEASE mark all personal clothing & gear with your name

= These items may be borrowed from EW Gear Library if necessary and returned clean the next school day after the trips!

*** = One of each of these can be brought home after packing day and worn on the 1st day of the trip**

___ 1 large appropriately fitting backpack, at least 3900 cubic inches (~58 Liters) in volume#

___ 2-3 small stuff sacks (for organizing gear within the main pack) #

* ___ 3 pr. wool socks (wear one day of trip)

___ 1-3 pr. lightweight liner socks (optional)

* ___ 1 pr. *sturdy, broken-in, waterproof* hiking boots that completely cover your ankles (wear day of trip)#

* ___ 1 pr. lightweight shorts (not denim)

* ___ 1 pr. Lightweight pants (not denim)

___ 1 long underwear top (**NOT COTTON!**)

___ 1 long underwear bottom (**NOT COTTON!**)

* ___ 2 t-shirts (**NOT COTTON!**)

* ___ 3 pr. underwear

* ___ 1 wool sweater or polarfleece jacket #

___ 1 waterproof raincoat #

___ 1 pr. waterproof rain pants #

___ 1 pr. warm gloves or mittens

___ 1 wool or polarfleece hat

___ 1 flashlight or headlamp with extra batteries

___ 1 sleeping bag (rated to at least 32 degrees)

in a compression stuff sack #

___ 1 sleeping pad #

___ 2 full, durable 1L water bottles

___ 1 small bowl (no glass or ceramic) and 1 thermal cup

___ 1 spoon or spork

___ 1 journal and pen in a Ziploc bag

___ 3 large garbage bags (to protect equipment from rain and gather trail trash)

___ plenty of sunblock (minimum 30 SPF) and bug repellent

___ sunglasses (UV protective – a \$5 pair from a gas station should do the trick)

___ any personal medications (give to trip leaders with dosing instructions)

___ toothbrush & travel size toothpaste (other personal toiletries as needed)

___ 3 days worth of toilet paper in a Ziploc bag

___ Copy of Myth from Tim's class

OPTIONAL ITEMS:

Camera reading book bandana binoculars sun hat knife – locking blade ≤ 3" \$4
cash in case of treat lightweight camp shoes/sandals with heel strap – **ABSOLUTELY NO flip flops!**

Please do not bring cell phones, portable music players, or other electronics. Candy, gum, deodorant, fragrant lotions, and additional foods are unnecessary. Please leave all of these at home. Students will not open or use a knife until student is approved by Matt or other staff. Additional questions? Contact Matt Kostle at mattk@explorer-west.org