

Packing List – 7th Grade Fall – (due at school: Monday, September 9)

= 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 overnight backpack, at least 3200 cubic inches (~53 Liters) in volume #

___ 1 small daypack (fits inside backpack when empty—NO wheel bags please)

* ___ 3 pr. wool socks (wear one pair)

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

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

* ___ 1 pr. lightweight shorts (not denim)

___ 1 sleeping pad #

* ___ 1 pr. lightweight pants (not denim)

___ 2 full, durable 1L water bottles

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

___ 1 small bowl and thermal cup

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

___ 1 spoon or spork

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

___ 1 journal and pen in a Ziploc bag

* ___ 3 pr. regular underwear

___ 3 large garbage bags (to protect your

* ___ 1 wool sweater or polarfleece jacket #

equipment from rain)

___ 1 waterproof raincoat (not water resistant) #

___ plenty of sunblock (min. 30 SPF) and bug repellent

___ 1 pr. waterproof rain pants #

___ any personal medications (give to leaders, unless inhalers)

___ 1 pr. warm gloves or mittens

___ 1 wool or polarfleece hat

___ toiletries (toothbrush, toothpaste, comb, wet wipes)

___ 1 flashlight or headlamp with extra batteries

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

___ 3 days worth toilet paper in a Ziploc bag

a compression stuff sack #

OPTIONAL ITEMS:

camera reading book bandana binoculars sun hat

deck of cards field guides folding & locking knife – blade ≤ 3"

\$3 cash in case of treat lightweight camp shoes/sandals – **ABSOLUTELY NO flip flops!**

Please do not bring cell phones, portable music players or electronic games. Candy, gum or additional foods are unnecessary. Please leave all of these at home. Students will not open or use a knife until student is approved by Phil or other staff. Questions? Contact Phil G at philg@explorer-west.org