

### Grade 8/9 Packing List:

#### General guidelines for clothing:

- NO COTTON

-If you add comfort items, try to remember the goal of staying light.

Tops - Upper Body Layers			
Equipment	Quantity	Comments	✓ / ✗
T-shirt	1-2		
Long-sleeved shirt	1		
Base layer (long underwear top)	1		
Mid layer (fleece hoodie or light pile jacket)	1		
Evening layer (extra warm jacket)	1	Winter-rated down recommended	
Outer layer (waterproof rain jacket)	1	Gortex is ideal	

Bottoms - Lower Body Layers			
Equipment	Quantity	Comments	✓ / ✗
Women: underwear/sports bra Men: boxers/briefs	2-3 pair		
Base layer (long underwear bottoms)	1		
Hiking shorts (optional)	1		
Hiking pants	1		
Optional mid layer (fleece pants)	1		
Outer layer (waterproof rain pants)	1	Gortex is ideal	

Head, Neck, and Hand Layers			
Equipment	Quantity	Comments	✓ / ✗
Gloves or Mitts (fleece or wool)			
Sun Hat/Ball Cap			
Toque			
Bandana or Buff (optional)			

Pack and Sleeping Gear			
Equipment	Quantity	Comments	✓ / ✗
Backpack (50-70 L)	1		
Stuff sack (clothes)	1-2		
Sleeping bag and stuff sack	1	3 season down or synthetic is ok -10 degrees rating in needed	
Sleeping pad and stuff sack	1		
Plastic Trash Bag	1	Heavy duty "Contactor" bag (provided)	
	1	Regular weight garbage bag	

<b>Miscellaneous</b>			
<b>Equipment</b>	<b>Quantity</b>		<b>✓ / X</b>
Cup or Mug	1	Ideally with a lid that seals. A 16Oz Nalgene bottle works great.	
Bowl	1	Tupperware container with snap lid work great.	
Spoon or spork	1	Lexan Spoons are light, cheap, and durable.	
Water Bottle(s) or Hydrations System	2	2 liters minimum carrying capacity.	
Sun Glasses	1	Straps and a case are also a good idea	
Sun Screen	1	SPF 30 or more recommended	
Lip Balm	1	SPF 15 recommended	
Headlamp or flashlight with extra batteries	1		
Journal and Pencil	1		
Personal hygiene Items	1	Tooth brush and small toothpaste, feminine products, bug spray.	
Hand sanitizer	1	2 oz. alcohol based sanitizer is best.	

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>		<b>✓ / X</b>
Waterproof hiking boots	1 pair	Approach shoes are acceptable. NO RUNNING SHOES.	
Socks	3 pairs	Wool or wool/poly blend	
Liner Socks (optional)	1 pair		
Gaiters	1 pair		
Camp shoes	1 pair	Crocs, or trail runners (closed-toed) NO FLIP FLOPS.	

<b>Optional - Extras</b>			
<b>Equipment</b>	<b>Quantity</b>		<b>✓ / X</b>
Trekking poles	2		
Camera	1		
Fleece or insulated vest	1		
Book			
Treats	1 lb	Candy, chocolate, etc. (Due to the nature of this class, you should expect to share your treats with others in the class.)	
Mosquito Net	1		