



PACKING LIST

BASIC CLOTHING: (PLEASE MARK YOUR CHILD'S NAME ON ALL ITEMS.)

- ___ 2 pairs long pants [3 pairs for Mendocino and Sierra sessions- one pair must be heavy, like jeans, for tidepooling at Mendocino unless you're packing a wet suit for that purpose]
- ___ 2 pairs short pants
- ___ 2 warm long-sleeved shirts
- ___ 3 short- sleeved or light shirts
- ___ pajamas or other sleepwear
- ___ hiking shoes or *good* sneakers
- ___ old sneakers, Keens or water shoes for tide pooling and river exploration. Closed-toed shoes offer more foot protection than sandals. No flip-flops, jellies or loose water shoes that come off wading.
- ___ enough underwear and socks
- ___ thermal underwear for Sierra & Mendocino, it gets *cold* there
- ___ two pairs of *wool* socks for Sierras (hiking) & Mendocino (tide-pooling)- Wool is warm when wet.
- ___ sweatshirt or sweater (Synthetic fleece or wool are better than cotton. They're warm when wet)
- ___ warm jacket or coat (with the above, this makes *two* warm garments- three is better for Mendocino)
- ___ stocking or ski cap (for warmth while sleeping and at campfires or tide pooling in Mendocino)
- ___ rain poncho or waterproof jacket with hood (rain may occur in any session)
- ___ swimsuit or trunks (may count as short pants above)
- ___ cap or hat with brim (for protection while hiking in the sun- this really is essential!)
- ___ Camp Chrysalis bandana (we will supply these to new campers and veterans who forget)
- ___ clean light-colored cotton T-shirt (for a special craft project; pack it in a clean plastic bag)
- ___ large plastic garbage-bag (for wet and dirty clothes coming home)

OTHER ESSENTIAL GEAR: (PLEASE MARK NAME ON ALL ITEMS.)

- ___ Two masks for protection on the trail when we might meet the general public and at camp when we're in close contact with other small groups.
- ___ [Sierra session only:] frame back-pack, of proper size, fully functional with 4 attached lash straps. Contact Lee with questions
- ___ duffel-bag(s): large enough to hold all gear except sleeping bag, pad & tent
- ___ daypack: large enough for lunch, water bottle, and general supplies (bring separately on the bus)
- ___ WARM sleeping bag *with its own stuff-sack*
- ___ sleeping-pad (Insulite or Thermarest) *with a strap* to make it compact

- ___ food-gear: metal or solid plastic plate, bowl, & cup; spoon and fork. (No mess kits (they're useless!) or disposable plastic or paper products.)
- ___ towel and basic toiletries: soap, toothbrush, toothpaste and deodorant
- ___ insect repellent (low DEET is ideal, jungle juice is unnecessary and deadly)
- ___ *strong* (SPF 30-50) water-resistant sunscreen lotion, plus lip protection and sunglasses
- ___ *sturdy and reliable* water bottle -- quart size, screw lid (Test it to make sure it doesn't leak!) Sierras could have a second water bottle for hot hiking days.
- ___ flashlight, with an extra set of fresh batteries
- ___ books to read, including guidebooks (see bibliography)
- ___ [Sierra session only: \$5-\$10 to spend on the way home.
- ___ pocket knife (with your name labeled or scratched in). No open-bladed sheath knives!

OPTIONAL GEAR:

- ___ tent with tarp or ground cloth to fit (*please note on the information sheet if one is available*)
- ___ warm gloves (for Mendocino and the Sierra, where mornings are apt to be chilly)
- ___ pillow, stuffed bear or other comforting object
- ___ back up pair of glasses or/and strap to hold them on securely while playing in rivers.
- ___ A third pair of shoes or sandals for hanging out around camp.
- ___ Walking stick or hiking poles
- ___ wet suit for Mendocino tidepooling activities
- ___ binoculars, microscopes, other scientific tools
- ___ sketchbook or notebook and two pencils. We'll supply a blank Bare Book for journaling at camp.
- ___ art materials (pens, watercolors, etc. if you want your own- we have lots at camp)
- ___ Tech-Nu soap (for campers sensitized to poison oak; Big Sur and Mendo sessions only)
- ___ walking stick or hiking poles (if you already have and use those while hiking)
- ___ life jacket or other floatation device if necessary (SEE SWIMMING PERMISSION SHEET)
- ___ swim fins, mask and snorkel
- ___ bow and arrows (Sierra session only)
- ___ hatchet or hand axe (we teach the proper use of these at all sessions)
- ___ disposable camera or other inexpensive camera for camp use- no cell phone cameras!
- ___ playing cards

FORBIDDEN THINGS (NO KIDDING!):

hair-dryers and other "beauty" supplies

alcohol or illegal drugs of any kind

fireworks and other explosives

candy, gum, and other personal food items

I-pods or other audio gear

electronic games, no matter how miniaturized

comics, magazines, and role-playing games

all other active agents of urban pop culture

cell phones of any kind (buy a disposable camera for camp use)

Please pack everything with your child, so campers knows what's packed and where!

(Rev. 2017)