



## PACKING LIST

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

- \_\_\_ 2 pairs long pants [3 pairs for Mendocino and Sierra sessions]
- \_\_\_ 2 pairs short pants
- \_\_\_ 2 long-sleeved shirts
- \_\_\_ 3 short- sleeved or light shirts
- \_\_\_ pajamas or other sleep-wear; *thermal underwear* for Sierra & Mendocino, it gets *cold* there
- \_\_\_ hiking shoes or *good* sneakers; plus old sneakers or Tevas for wading. No flip-flops, jellies or loose water shoes that will come off wading.

### **(Mendocino session must have closed-toe shoes for tide pooling- sneakers or water shoes)**

- \_\_\_ enough underwear and socks
- \_\_\_ 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)
- \_\_\_ stocking or ski cap (for warmth while sleeping and at campfires)
- \_\_\_ 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)
- \_\_\_ clean cotton T-shirt (for a special craft project; pack it in a clean plastic bag)
- \_\_\_ large plastic garbage-bag (for wet clothes coming home)

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

- \_\_\_ [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
- \_\_\_ 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).
- \_\_\_ towel and toiletries: soap, toothbrush, and toothpaste
- \_\_\_ insect repellent (important in this time of West Nile virus)
- \_\_\_ *strong* (SPF 30-50) water-resistant sunscreen lotion, plus chapstick or Blistex
- \_\_\_ *sturdy and reliable* water bottle -- quart size, screw lid (test to make sure it doesn't leak!). Sierras could have a second.

**see warning against older hard-plastic (Nalgene) bottles in "Concerning Camp Chrysalis"**

- \_\_\_ flashlight, with an extra set of fresh batteries
- \_\_\_ books to read, including guidebooks (see bibliography)
- \_\_\_ warm gloves [for Mendocino and the Sierra, where mornings are apt to be chilly]
- \_\_\_ sunglasses and bandana
- \_\_\_ pillow, stuffed bear or other comforting object
- \_\_\_ [Sierra session only: \$5-\$10 to spend on the way home.
- \_\_\_ pocket knife (with your name labeled or scratched in)

### **OPTIONAL GEAR:**

- \_\_\_ tent with tarp or ground cloth to fit (*please note on the information sheet if one is available*)
- \_\_\_ binoculars, microscope other scientific tools
- \_\_\_ sketchbook or notebook and two pencils. We'll supply one sketchbook.
- \_\_\_ art materials (pens, watercolors, etc. if have your own)
- \_\_\_ Tech-Nu soap (for campers sensitized to poison oak; Big Sur and Mendo sessions only.)
- \_\_\_ life jacket or swim-bubble if necessary (SEE SWIMMING PERMISSION SHEET)
- \_\_\_ swim fins, mask and snorkel
- \_\_\_ bow and arrows (Sierra session only)
- \_\_\_ hatchet or hand axe, rock-hammer
- \_\_\_ playing cards

### **FORBIDDEN THINGS (NO KIDDING!):**

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|---|--|
| cell phones of any kind                   | hair-dryers and other "beauty" supplies      |
| firecrackers 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 |

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

(rev. 09)