



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
- ___ old sneakers, Keens or water shoes for tide pooling and river exploration. Closed-toed shoes offer more foot protection than sandels. No flip-flops, jellies or loose water shoes that will come off wading.
- ___ 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 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.)*

- ___ [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

- ___ *strong* (SPF 30-50) water-resistant sunscreen lotion, plus chapstick or its equivalent
- ___ *sturdy and reliable* water bottle -- quart size, screw lid (test 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)
- ___ 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). No open-bladed sheath knives!
- ___ back up pair of glasses or strap to hold them on securely when playing in rivers.

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 a blank Bare Book.
- ___ 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 (Sierra session)
- ___ playing cards

FORBIDDEN THINGS (NO KIDDING!):

- | | |
|---|--|
| 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. 2012)