

General Expedition Packing List

The CCLC's experiential education program for high school students conducts four expeditions, as well as a few overnight campouts, throughout the school year. Being prepared is critical for the safety and comfort of each participant. We will provide packing lists for each trip with information specific to the trip. It's handy to have the list in advance so that you can begin to collect items over the summer. Please call if you have any questions.

REQUIRED ITEMS:

- Backpack or duffle bag (can borrow from CCLC)
- Rain Coat with hood (can borrow from CCLC)
- Rain pants (can borrow from CCLC)
- Sleeping bag (can borrow from CCLC)
- Sleeping pad (can borrow from CCLC)
- Hiking boots
- Camp shoes: comfy shoes for the campsite in case first shoes get wet
- Sweater/Pullover: Warm Wool, Synthetic, or Fleece
- Wool or Smartwool socks
- Underwear
- T-shirts (synthetic/quick-dry as well as cotton)
- Wool / synthetic long sleeve shirt: warmth and bug protection
- Pants/Shorts: synthetic material needed for wilderness trips
- Warm Hat (wool, polypropylene or fleece)
- Towel (a small pack towel)
- Toiletry Kit - soap, toothpaste, toothbrush, comb, deodorant, etc.
- Sun Screen
- Bug spray/Bug net
- Sunglasses (100% ultra-violet light block)
- Chap stick with sunscreen
- Head lamp (recommended) or small flashlight

- Spare batteries (1 set) for headlamp/flashlight

- 2 durable, one liter water bottles
- Personal food dish (a medium sized Tupperware container with a lid works well, as does a mess kit)
- Spoon/fork/spork
- Pens and pencils

OPTIONAL ITEMS:

- Small pocket knife with **locking** blade
- Camera in a waterproof container
- A book to read and share
- Deck of cards or games to share
- Several 1-gallon Ziploc bags
- 3-4 extra stuff sacks for organizing clothes/gear
- Hat
- Journal or notebook - in a Ziploc bag
- Mug (plastic or stainless steel)
- Personal dry bag (especially for canoe trips)

The following are not allowed on trips:

- ≠ Candy or junk food
- ≠ Soda or energy drinks
- ≠ Cell phones (we will bring a cell phone for emergencies)
- ≠ MP3 players (iPods, etc.)
- ≠ Electronic games
- ≠ Portable computers
- ≠ Lighter

Note on Clothing –Students will need clothes that can keep them warm and dry – even when it's raining. Cotton is a poor choice for outdoor activities. It does not help the body retain heat, and it dries very slowly. When you are shopping for socks, shorts, long underwear, pants, and shirts, *Polartec, Duofold, Smartwool, Capilene, Thermax, HotChilies, Polar Plus, polypropylene, fleece, nylon, and wool* are all fabrics that work well in a wet environment as they absorb little moisture and dry quickly. **These fabrics retain their insulating properties when wet while cotton does not!** Please include the required non-cotton thermals and check the clothing labels to avoid poly/cotton blends.

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