



## 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!**

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