

5 DAY

PLEASE BRING



IMPORTANT

*Aim for quick-dry clothing like workout clothing and/or 100% Polyester (or nylon, polyester blend with acrylic or polypropylene). Avoid cotton. Anything you bring can get dirty, stained or damaged.



1 sturdy cup for cold or hot drinks

1 metal spoon and 1 metal fork

1 sturdy plastic cereal bowl or tupperware (this will be your "plate" for meals)

1 headlamp with extra batteries

1 baseball hat or sun hat or brimmed hat

Bandana

1 toothbrush

Toothpaste

10 Fragrance-free baby wipes in a ziplock bag

Boots or sturdy sneakers that are good for walking: Ideally rubber soles and ankle support. Don't bring your favorite kicks. The shoes you bring will get dirty!



2 T-shirts*

1 Pair of shorts*

1 long-sleeve shirt*

1 Pair of pants*

2 or 3 pairs wool socks

3 pairs underwear

2 comfortable bras

SHOPPING

- 'Athletic Works' brand at Walmart
- '32 Degrees' brand on Amazon
- Duluth Trading Company
- Goodwill (Men's workout section tends to have the best selection for all genders)
- If you get stuck, please call us 860-653-8059!

PLEASE BRING

You will have the opportunity to shower at the end of your course and then change into casual, regular clothing afterwards.

- | | | | | | |
|--------------------------|--|--------------------------|-------------------------|--------------------------|---|
| <input type="checkbox"/> | Shampoo and conditioner (regular size is fine) | <input type="checkbox"/> | Clean underwear and bra | <input type="checkbox"/> | Regular comfy hangout T-shirt |
| <input type="checkbox"/> | Body wash or bar of soap | <input type="checkbox"/> | Regular socks | <input type="checkbox"/> | Regular comfy hangout shorts or pants |
| <input type="checkbox"/> | 1 Regular bath towel or beach towel | | | <input type="checkbox"/> | Regular comfy hangout long-sleeve or hoodie |



YOUR MAYBE LIST

- | | | | | | |
|--------------------------|------------|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Chapstick | <input type="checkbox"/> | 1 pair comfy camp shoes like Crocs or lightweight beat-up sneakers | <input type="checkbox"/> | Menstrual products |
| <input type="checkbox"/> | Sunglasses | <input type="checkbox"/> | <u>Unscented</u> lotion or deodorant (scented products attract bugs) | <input type="checkbox"/> | Hair covering (bonnet, durag, bandana) |
| <input type="checkbox"/> | Hair ties | <input type="checkbox"/> | Fleece top/warm long-sleeve (if you don't have it, we will provide it) | | |
| <input type="checkbox"/> | Watershoes | <input type="checkbox"/> | Rain jacket and rain pants (if you don't have it, we will provide it) | | |

TOTALLY OPTIONAL

- | | | | |
|--------------------------|--------------------------------------|--------------------------|---------------------|
| <input type="checkbox"/> | 1 Quick-Dry Pack Towel/Camping Towel | <input type="checkbox"/> | 1 Disposable Camera |
| <input type="checkbox"/> | Small notebook/journal and pen | | |



DO NOT BRING

Knives of any kind or multi-tools

Cell Phones

Vape pens or cigarettes

Other tobacco products

Marijuana, alcohol, or illegal drugs

Fishing Gear

Snacks/Food

Money

Expensive watches, jewelry, or other valuables

Gaming devices, music players, digital cameras, or other electronics



MORE INFO

EQUIPMENT

Wilderness School will provide all outdoor equipment needed for the Expedition, including your backpack, sleeping bag, personal tent, rain jacket, rain pants, fleece, sunscreen, insect repellent, water bottles and cooking gear. We recommend for you to use equipment provided by the Wilderness School as gear can get damaged or beat-up while on course.

NO VAPING

There is no vaping, smoking, or use of tobacco products allowed. If you use nicotine on a regular basis, we suggest cutting back before your course and/or asking your doctor for a prescription for nicotine gum or patches.

HYGIENE

Your instructors will teach you how to keep clean in the woods, such as how to wash up and go to the bathroom. For people who menstruate, bring menstrual products that you are comfortable using.