

CLOTHING LIST AND INFORMATION FOR 20-DAY PARTICIPANTS

Below you will find a checklist of items to pack. Please label all of your things and pack them in a suitcase or duffel bag. **Bring only the items found on this list as your backpack may become very heavy.** Avoid white clothing as it becomes very dirty and do not pack your best clothing. You must bring warm clothing. **Avoid cotton and try to pack wool and synthetic items** (fleece, polyester, acrylic and polypropylene). Additional information can be found on page 2.

ITEMS FOR THE EXPEDITION

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| _____ <u>Hiking Boots</u> -light weight, rubber soles, ankle support and avoid steel toed boots (1 pair) | _____ <u>Sunscreen and Bug Repellent</u> - SPF 30 or higher, No aerosol; travel sizes are recommended! |
| _____ <u>Camp and/or Water Shoe</u> -closed toed with a heel strap or back. No Flip Flops or Slippers! (1-2 pairs) | _____ <u>Toiletries</u> -toothbrush, toothpaste, foot powder (non-medicated), feminine hygiene supplies, baby wipes, sunscreen. Travel sizes are best! |
| _____ <u>Long Pants</u> -lightweight, loose fitting, nylon or polyester. No Jeans! (2 pairs) | _____ <u>Headlamp</u> - or small flashlight with 4 sets of extra batteries |
| _____ <u>Shorts</u> -athletic nylon. No Short Shorts! (3 pairs) | _____ <u>Sunglasses</u> – (optional) |
| _____ <u>Fleece Shirt and Pant</u> - No cotton hoodies or sweats! (1 shirt and 1 pant) | _____ <u>Camera</u> – Disposable ones only. |
| _____ <u>Long Sleeve Shirt</u> -unlined nylon wind jacket or button up shirt. No Cotton! (1 shirt) | _____ <u>Letter writing material</u> : stamps, envelopes, writing paper |
| _____ <u>Socks</u> - wool or synthetic above your boot (5 pairs) | _____ <u>Notebook and a pen</u> – small size (optional) |
| _____ <u>Underwear</u> - synthetic material for all undergarments. (6 pair) Girls: Sports Bras with no wires (1-2) Boys: recommend briefs and/or boxer briefs. | |
| _____ <u>T-shirts</u> - at least 1-2 synthetic, athletic shirts and the rest can be cotton or cotton blend. | |
| _____ <u>Hats</u> -baseball cap or hat with visor (1) and wool or fleece winter beanie (1) | |
| _____ <u>Swimsuit</u> - (1 optional) | |
| _____ <u>Bandana/Hand Towel</u> - (1-2 optional) | |
| _____ <u>Cup, Bowl, Spoon</u> -sturdy and durable (1 of each) | |

FOR DAY 19 & GRADUATION

- _____ Running Shoes and 1 pair of socks
- _____ Running Shorts/pants and T-Shirt
- _____ Bath Towel, Soap, Shampoo
- _____ Graduation outfit and shoes (a nice outfit!)

Here are two very important links to check out!

1. Contains videos that explain what to purchase, and what to pack for the expedition. https://www.youtube.com/playlist?list=PLmqqH3yIIGpZYoyWI-YI1qMD_H9WFv1Ou
2. And a link with shopping suggestions: <https://youtu.be/RAdT2AWeqgo>

CLOTHING LIST AND INFORMATION FOR 20-DAY PARTICIPANTS (CONT.)

PLEASE DO NOT BRING THE FOLLOWING:

Knives of any kind	Cigarettes or other tobacco products	Fishing gear
Aerosol spray cans of insect repellent or other materials	Money, expensive watches, jewelry, or other valuables	Perfume/Body Spray
Illegal drugs or alcohol	Jeans (only allowed for Graduation)	Snacks or food
Cell phones, electronic games, devices or music players		

EQUIPMENT

Wilderness School will provide all outdoor equipment needed for the Expedition, including your backpack, sleeping bag, rain jacket, water bottles, and group gear such as tarps to sleep under and cooking gear. Please do not bring any of your own outdoor equipment, as you will be required to use equipment provided by the Wilderness School.

NO SMOKING

There is no smoking or use of tobacco products allowed at the Wilderness School or during any of its programs. If you smoke, plan to cut down and stop before the course begins. If you cannot quit smoking, we recommend you address your use of tobacco and re-apply to Wilderness School at another time.

HYGIENE

Your instructors will teach you how to keep clean in the woods. Soap will be provided during course for washing up. Baby wipes are also helpful for cleaning up quickly. For females, it is necessary to bring plenty of maxi pads and/or tampons. As all feminine hygiene products must be carried out of the campsites, aluminum foil and extra zip loc bags can help you to be discrete when disposing of feminine products.

RESUPPLY

Clean clothing and supplies will be separated on day one and given out mid-way through the expedition. Please bring two sets of travel sizes of all hygiene products as well as extra bug repellent, sunscreen and feminine hygiene supplies.

WARM CLOTHING

You will need to bring warm clothing to the Wilderness School. Wool, polypropylene, and other synthetic fabrics such as nylon, polyester, Orlon and non-cotton fleece are essential because they will keep you warm when they are wet. They also allow for ventilation and will dry easier. Cotton clothing retains water and will not provide adequate insulation when wet. Your comfort and safety requires proper clothing. The Wilderness School can answer any questions you may have on this and can supplement the clothing list with wool or fleece items and can provide fleece tops, pants and hat as needed.

MAIL

If you wish to send mail, bring writing paper or postcards, stamps (peel and stick are best), envelopes and a pen. To receive mail, have family and friends use the address below. Please do not have packages of any kind sent to you, as they will be held until graduation.

(YOUR NAME)
WILDERNESS SCHOOL
240 NORTH HOLLOW ROAD
EAST HARTLAND, CT 06027

20-DAY EXPEDITION COURSE START AND GRADUATION

Courses begin at 10:00 a.m. Students need to arrive between 9:00 a.m. and 9:30 a.m. for registration. Graduation begins at 10:00 a.m. on day 20 of your course. Family, friends and Referring Agents are strongly encouraged to attend. Guests should arrive between 9:15 a.m. and 9:45 a.m. to allow plenty of time for parking and getting settled.