

CLOTHING LIST AND INFORMATION FOR 5-DAY PARTICIPANTS

Below you will find a checklist of items to pack. Please label all of your things with your name 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:			
<input type="checkbox"/>	Hiking Boots (1 pair) Light weight, rubber soles, ankle support. <i>Avoid steel toed boots</i>	<input type="checkbox"/>	Sunscreen and Bug Repellant SPF 30 or higher, travel sizes are recommended! <i>No aerosol</i>
<input type="checkbox"/>	Camp and/or Water Shoe (1 Pair) Closed toed with a heel strap or back. <i>No Flip Flops or Slippers!</i>	<input type="checkbox"/>	Toiletries Travel sizes are best! Toothbrush, toothpaste, foot powder (non-medicated), feminine hygiene supplies, baby wipes, sunscreen.
<input type="checkbox"/>	Long Pants (1 pair) Lightweight, loose fitting, nylon or polyester. <i>No Jeans!</i>	<input type="checkbox"/>	Headlamp Or small flashlight with 4 sets of extra batteries
<input type="checkbox"/>	Shorts (2 pairs) Athletic nylon. <i>No Short Shorts!</i>	<input type="checkbox"/>	Camera Disposable ones only.
<input type="checkbox"/>	Fleece Shirt and Pant (1 shirt and 1 pant) No cotton hoodies or sweats!	<input type="checkbox"/>	Letter writing material stamps, envelopes, writing paper
<input type="checkbox"/>	Long Sleeve Shirt (1 shirt) Unlined nylon wind jacket or button up shirt. No Cotton!	<input type="checkbox"/>	Notebook and a pen (optional) small size journal
<input type="checkbox"/>	Socks (3 pairs) Wool or synthetic – length, above your boot	<input type="checkbox"/>	Sunglasses (optional)
<input type="checkbox"/>	Underwear (3 pair) Synthetic material for all undergarments. Girls: Sports Bras with no wires (1-2) Boys: recommend briefs and/or boxer briefs.	FOR COURSE ENDING:	
<input type="checkbox"/>	T-shirts (at least 1) Synthetic, athletic shirts and the rest can be cotton or cotton blend.	<input type="checkbox"/>	Bathing items Travel sizes are best! Shampoo, soap etc.
<input type="checkbox"/>	Hats (1 each) Baseball cap or hat with visor Wool or fleece winter beanie	<input type="checkbox"/>	Large bath towel
<input type="checkbox"/>	Bandana/Hand Towel (1-2 optional)	<input type="checkbox"/>	Full change of clothes Shorts or jeans, T-shirt, underwear, socks
<input type="checkbox"/>	Swimsuit (1 optional)	<input type="checkbox"/>	Sneakers (to be used on last day event)
<input type="checkbox"/>	Cup, Bowl, Spoon (1 of each) Sturdy and durable		

Here are two very important links to check out!

1. This video explains what to purchase and how to pack for the expedition.
https://www.youtube.com/playlist?list=PLmqgH3yIIGpZYoyWI-YI1qMD_H9WFvIOu
2. This link has shopping suggestions: <https://youtu.be/RAdT2AWeggo>

DO NOT BRING THE FOLLOWING:

- Knives of any kind
- Aerosol spray cans of insect repellent or other materials
- Cell phones, electronic games, devices or music players
- Cigarettes or other tobacco products
- Fishing gear
- Illegal drugs or alcohol
- Money, expensive watches, jewelry, or other valuables
- Snacks or food

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 ziploc 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

COURSE START AND ENDING

Courses begin at 10:00 a.m. Students need to arrive between 9:00 a.m. and 9:30 a.m. for registration. The course ending time will be outlined in the acceptance letter. Please arrive 15 minutes prior to the course ending ceremony to allow time for parking and to ensure a timely start to the ceremony.