

## 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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| <p>_____ 1 pair light weight hiking boots (rubber soles/ankle support). <b>Avoid steel toed boots</b></p> <p>_____ 1 pair of old sneakers for canoeing and camp</p> <p>_____ 2 pair of lightweight, loose fitting long pants (no jeans; nylon or polyester jogging pants are best)</p> <p>_____ 3 pair of shorts (athletic or nylon shorts) <b>No jeans or cotton</b></p> <p>_____ 1 fleece sweater or shirt and 1 pair of fleece pants. <b>No cotton hoodies or sweats.</b></p> <p>_____ 1 unlined nylon wind jacket or long sleeve button up shirt</p> <p>_____ 5 pair of socks (wool or synthetic)</p> <p>_____ 6 pair of underwear. <b>Jog/sports bras recommended for girls</b></p> <p>_____ 6 T-shirts</p> <p>_____ 1 baseball cap or hat with visor</p> <p>_____ 1 wool or fleece hat (warm, winter hat)</p> <p>_____ 2 bandanas</p> <p>_____ 1 swim suit/bathing suit (optional)</p> <p>_____ 1 sturdy plastic mug or cup</p> <p>_____ 1 sturdy plastic cereal or Tupperware bowl</p> <p>_____ 1 metal spoon and 1 metal fork</p> <p>_____ 12 zip-lock, heavy duty freezer bags (gallon size)</p> <p>_____ 2 small bottles or tubes of sunscreen (SPF 30 or higher)</p> | <p>_____ Toiletries: toothbrush, toothpaste, (non-medicated) foot powder, biodegradable soap (phosphate free), shampoo, feminine hygiene supplies, baby wipes.<br/><b>Travel size products recommended (2 sets). No medicated toiletries (i.e. medicated foot powder, chapstick, etc)</b></p> <p>_____ 2 containers of insect repellent (pumps, lotion or liquid, <b>no aerosol</b>)</p> <p>_____ 1 small hand towel. <b>Dish towel or washcloth.</b></p> <p>_____ Sunglasses (optional)</p> <p>_____ 1 small camera and film (optional)</p> <p>_____ 1 headlamp or small flashlight with 4 sets of extra alkaline batteries</p> <p>_____ Letter writing material: stamps, envelopes, writing paper (optional)</p> <p>_____ 1 small notebook and a pen (optional)</p> <p>_____ 1 pair of durable sandals with <b>heal strap</b> (optional). <b>No flip-flops</b></p> |
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### FOR DAY 19 & GRADUATION

- \_\_\_\_\_ 1 pair of running shoes and clean socks (optional)
- \_\_\_\_\_ A clean change of clothes (shorts, T-shirt)
- \_\_\_\_\_ Underwear and clean socks
- \_\_\_\_\_ Bathing items: shampoo, soap etc.
- \_\_\_\_\_ 1 large bath towel
- \_\_\_\_\_ 1 set of nice clothes and footwear for graduation

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

**PLEASE DO NOT BRING THE FOLLOWING:**

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| Knives of any kind  | Fishing gear  |
| Aerosol spray cans of insect repellent or other materials | Perfume/Body Spray                                      |
| Illegal drugs or alcohol                                  | Snacks or food  |
| Cigarettes or other tobacco products                      | Jeans (only allowed for Graduation)                     |
| Money, expensive watches, jewelry, or other valuables     | 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. Please bring biodegradable (contains no phosphates) liquid soap with you. You can find it at camping goods stores and health food stores. 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.