



The Mountain Workshop
9 Brookside Place
West Redding, CT 06896
203-544-0555 FAX 203-544-0333

CLOTHING AND EQUIPMENT LIST (Page 1 of 2) TRAILMARK EXPEDITION TRIPS

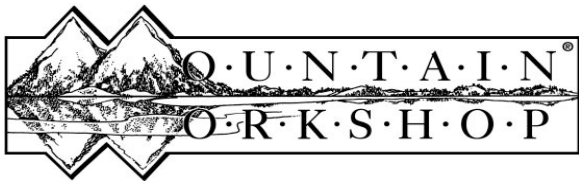
Please do not omit items on the required list. What you wear on the first day is from this list. (Laundry may be done once at a laundromat on two week programs.) Due to the limited space available in the vans, please do not bring extra clothes. **Be sure to mark or label all clothing/equipment.**

PERSONAL CLOTHING REQUIRED:

- | | |
|--|---|
| <input type="checkbox"/> 3 T-shirts | <input type="checkbox"/> Rain gear: jacket and pants |
| <input type="checkbox"/> 1 long sleeve cotton shirt | <input type="checkbox"/> 1 baseball cap/sun hat |
| <input type="checkbox"/> 1 polypro "quick-dry" short-sleeve shirt (lt or med weight) | <input type="checkbox"/> 1 pair mittens or gloves |
| <input type="checkbox"/> 1 fleece pullover | <input type="checkbox"/> 1 winter hat |
| <input type="checkbox"/> 2 pairs shorts | <input type="checkbox"/> 1 bathing suit |
| <input type="checkbox"/> 1 pair nylon warm-up pants | <input type="checkbox"/> 1 towel |
| <input type="checkbox"/> 1 pair fleece pants | <input type="checkbox"/> 3 bandanas (used to dry hands after washing) |
| <input type="checkbox"/> 2 polypropylene long sleeve undershirts and pants (lt or med weight) | <input type="checkbox"/> Toiletries (shampoo, soap, toothbrush toothpaste, floss, hand sanitizer) |
| <input type="checkbox"/> 1 pair jeans | <input type="checkbox"/> Sunblock (min SPF 30) |
| <input type="checkbox"/> 7 pairs underwear | <input type="checkbox"/> Lip balm, with SPF |
| <input type="checkbox"/> 5 pairs athletic socks | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> 3 pairs hiking socks (not cotton) | <input type="checkbox"/> Sunglasses with keeper strap |
| <input type="checkbox"/> 1 pair med wt hiking boots | <input type="checkbox"/> Small headlamp/batteries |
| <input type="checkbox"/> 1 pair sneakers | <input type="checkbox"/> 4 large, clear garbage bags for packing |
| <input type="checkbox"/> 1 pair water shoes or sport sandals with heel straps (no flip-flops or Crocs) | <input type="checkbox"/> Mosquito head net |
| | <input type="checkbox"/> Extra batteries for headlamp |
| | <input type="checkbox"/> Personal medication as noted on health form |

PERSONAL GEAR REQUIRED:

- Sleeping bag (synthetic)
3 Season bag with a temperature rating of 20°. Polarguard, Hollofil, or Qualofill recommended semi-rectangular or mummy style. Bag must be compactable and have a stuff sack. Cloth fabric and down bags are not permitted.
- Sleeping pad
(A thin, closed cell Ensolite, Duralite, Regalite or self-inflating Therma-rest mattress and repair kit. Should roll up to a diameter of 8")
- Duffel bag
1 Soft sided, no larger than 18" x 36" size with full-length zipper. Sleeping bag and sleeping pad may pack separate from duffel.
- Eating utensils
1 (12-16 oz.) insulated mug, 1 plate (9-11"), 1 bowl, 1 fork and spoon. 12"x18" mesh bag used to hold items. 1 Tupperware-type container designed to hold two sandwiches.
- Backpack
1 Backpack with padded shoulder straps - large enough to hold a lunch, water bottle rain gear, camera, etc.
- Water bottles- 2 (1 qt Lexan water bottles (Nalgene) or Camelback 70oz or more & 1 Nalgene
- Bag lunch for Day 1



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OPTIONAL ITEMS:

Camera/film (waterproof/disposable)	Portable chess/checkers
Small sketch pad & pencil	Playing cards
Crazy Creek chair	Hacky Sack
Paperback books	Frisbee

Any personal medications as noted on health forms:

Medications (prescription or over-the-counter) must be sent in original container showing child's name and prescribed dosage - complete "Authorization for Administration of Medication" form.

ADDITIONAL ITEMS REQUIRED FOR CAVING PROGRAMS:

A cave is cold, wet and dirty - so bring a **separate** set of old, unvalued clothes (you may never want to wear them again except for caving!) packed in a clear garbage bag, then in duffel, including:

- 2 heavy long sleeved shirts (fleece or water proof preferred)
- Long, loose pants (no jeans)
- Long underwear bottoms
- Wool socks
- Boots or sneakers (will get very wet, muddy). Must have tread to cut down on slipping, ankle support helps, no sandals
- Second headlamp with extra batteries (optional)
- Old gloves (fleece)
- Soft knee pads (optional, recommended)

PACKING:

Pack all clothing and gear in clear garbage bags* for waterproofing, then inside one large duffel. To waterproof sleeping bag, line stuff sack with garbage bag, then stuff sleeping bag. Duffels may be packed outside of the van and waterproofing is essential in case of rain. In addition to duffel, campers should pack day pack with items they want easy access to such as lunch, water bottle, rain gear, sunscreen, etc.

*We recommend using clear garbage bags (instead of black garbage bags) for easy identification and to reduce the possibility of confusing with garbage.

Arrive with only 4 items:

Packed duffel Backpack Sleeping bag Sleeping pad

Note: DO NOT BRING:

Game boys or hand held electronic games, as these conflict with our program mission.
iPod or MP3 players
Knives
Matches or lighters
Cell Phones

LABEL EVERYTHING!