

Hiking Pack

- ❖ Tent (no bigger than 2 person)- waterproof- cover with garbage bag (large heavy leaf bag) while hiking
- ❖ Sleeping bag (lightweight+40 range)- cover with garbage bag (large heavy leaf bag) while hiking
- ❖ Hiking shoes- 1 pair- must be comfortable
- ❖ Socks (thick)- 1 for each day of hiking
- ❖ Long pants (lightweight-wind pants are good)- 1 pair- no jeans
- ❖ Hiking shorts- light weight-2pairs
- ❖ Shirts- 1 for each day
- ❖ Warm sweatshirts or sweater and/or windbreaker
- ❖ Underwear- 1 for each day
- ❖ Tooth Brush
- ❖ Deodorant
- ❖ Small tooth paste
- ❖ Toilet paper- enough for the amount of days before re-supply
- ❖ Feminine products
- ❖ Baby wipes (this is your shower/ bath)
- ❖ Duck tape or electric tape- 1 per squad (don't forget to decide who brings it)
- ❖ NO knives
- ❖ Flashlight (small- AA type)
- ❖ Batteries
- ❖ Canteens or light water containers – 2 (1 liter each)
- ❖ Camera-disposable
- ❖ Sandals- light weight – 1pair
- ❖ Zip lock bags (extra) – small and large
- ❖ Garbage bag- (large heavy leaf bag) 1 extra
- ❖ Plastic ware or silver ware
- ❖ Mountain house meals- will be given to you by the school
- ❖ Food-no cans- lightweight-dried food
- ❖ Snacks
- ❖ First aid- ace bandage, moleskin, water –proof band aids, and Tylenol pain/ ibuprofen, etc.
- ❖ Medication- if you take and meds, don't forget them
- ❖ All clothing and items in your hiking pack should be in zip-lock bags to prevent from getting wet

OPTIONAL

- ❖ Towel
- ❖ Handkerchief
- ❖ Insect repellent- small
- ❖ String- 1per squad, about 6' (kite string)- don't forget to decide who brings it
- ❖ Pen and small notepad- you can make notes about the trail and what you see
- ❖ Stove and propane- school will provide 1 stove and fuel per squad
- ❖ Lighter or matches
- ❖ Rain cover for pack-(of a large heavy leaf bag)
- ❖ Hiking stick- if you have one
- ❖

RESUPPLY BAG

- ❖ (THIS IS THE ONLY BAG YOU WILL SEE AT RE-SUPPLY)
- ❖ (ALL SHOULD BE IN ZIP-LOCK BAGS BEFORE WE LEAVE FOR THE TRIP)
- ❖ Hiking shoes- 1 pair- just in case your other ones get wet or give you blisters
- ❖ Extras socks- 1 for each day
- ❖ Extra long pants- 1 pair
- ❖ Extra shirts- 1 for each day
- ❖ Extra sweatshirt- just in case-1pair
- ❖ Extra Toilet Paper
- ❖ Extra batteries
- ❖ Extra disposable camera
- ❖ Extra zip lock bags
- ❖ Extra plastic ware if not using silverware
- ❖ Extra Food
- ❖ Extra snacks
- ❖ Extra band aids and mole skin just in case
- ❖ Extra water proofing
- ❖ Mountain House Meals will be given to you at re-supply
- ❖ Put something in your bag that you'll forward to eating that night as a little reward

BUS BAG (AFTER-TRAIL BAG)

- ❖ Extra clothing – 1 pair for each day that we are off trail
- ❖ Swim suit
- ❖ Towel - *Real towel*
- ❖ Shower Bag- shampoo, soap, deodorant, razor, etc.
- ❖ Entertainment material for bus (magazines, books, cards, walkman, CD player, etc.)
- ❖ Snacks

LUNCH

- ❖ OWN LUNCH- THIS IS FOR THE DAY THAT WE LEAVE THE SCHOOL – NO COOLERS

HELPFUL POINTERS

- ❖ Bring only what you need- you have to carry it all
- ❖ What you bring is what you take back with you
- ❖ Organize your back pack- know where everything is- put all necessities in easy- to – reach pocket (TP, camera, snacks, water)
- ❖ Don't bring a rain coat – you'll be really hot while hiking and its extra weight – your (lightweight) clothes will dry. (If you want to bring a rain coat, make it a light weight or put a re-supply bag – by the time you get to it, you'll know the kind of weather we are dealing with)
- ❖ It does get cold.
- ❖ When going to the bathroom- stay away from the water source- go in designated area and dig a hole with a stick and cover it- you don't want anyone stepping in it.
- ❖ If you want to wash with water- fill bottles /pots/canteens with water and go downstream and far away from the water source you don't want to drink dirty water – best if you use biodegradable soap
- ❖ While hiking – dress comfortably and lightly it might be cold in the morning
- ❖ Water –proof your tent and pack before the trip
- ❖ While camping – don't leave your food, pack, or shoes outside over night – protect from insects, animals, and rain – put everything in the tent
- ❖ If sharing a tent – make sure you have room for packs, if not, perhaps you could bring a small tent for packs
- ❖ Hiking stick is very helpful- if you don't have one, you could find one on the trail
- ❖ Keep a steady pace while hiking- don't stop every few minutes – slowest person should lead the squad – do not get far ahead of your squad
- ❖ Motivate your squad members – don't make them feel bad if they have trouble keeping up – it wont make them go faster
- ❖ If you chew gum while hiking, you wont be as thirsty
- ❖ When you drink water, don't drink too much while hiking or you'll get water – logged
- ❖ Take care of your feet – moleskin, band aids, and also clean them with baby wipes
- ❖ Personal hygiene – very important – keep yourself clean – it will make you and those around you feel better
- ❖ You will not see your bus bag until you get off the trail on the last hiking day – don't put anything in it that you might need for the trail that's what the re-supply bag is for.
- ❖ Make sure your re-supply bag is big enough so that you can put things in it from your pack, in case you realize you packed too much – if you don't have a bigger bag , then bring an extra one
- ❖ Know how to put your tent up **BEFORE** the trip
- ❖ Just because the map says that there is water up ahead, doesn't necessarily mean that it didn't dry up. Always be prepared with enough water supply
- ❖ Clip your toe nails if you want to keep them
- ❖ **ALL SCHOOL RULES APPLY- DON'T RUIN IT FOR YOURSELF OR OTHERS**

