



Pack Items	Expedition
Water bottle/ Nalgene	3-4
Eating utensils and a mess kit or sturdy bowl and cup	1
Sunglasses	1
Sunscreen (at least 30 SPF)	1
Bug Spray	1
Rain Gear	1
Backpacking sleeping bag rated between 15 - 40 degrees	1
Sleeping pad	1
Pack Pillow	1
Small flashlight	1
Extra batteries	2
Towel	1
Personal toiletries	1
Daypack/ Small backpack for day trips	1
Medium-Large Backpack & Duffle (New England Expedition)	1
Large Overnight Backpack (Appalachian Odyssey & North Carolina)	1
Clothing	Expedition
Close toed shoes	1
Close toed water shoes	1
Sturdy hiking boots with ankle support	1
Jacket or windbreaker (can double with raingear)	1
Wool or fleece pullover	1
Long sleeved shirt	1
T-shirt	4
Polypropylene t-shirts	2
Shorts	3
Long pants	1-2
Bathing suit (can double with shorts)	2
Underwear	14
Cotton socks	3-5
Wool or synthetic fiber socks	2-3
Cap or brimmed hat	1
Bandana	1
Trash bag with name on it for dirty clothes	1
Polypropylene or synthetic fabric long underwear (tops and bottoms)	1
Optional Items	Expedition
\$20 for spending on program	1
Camera/film	1
Book	1
Journal	1
Please Do Not Bring	Expedition
Cell Phones	0
iPods	0
Electronics	0
Knives	0
Jewelry	0
Expensive Personal Belongings	0