

PACK ITEMS		OVERNIGHT
<input type="checkbox"/>	Water bottle/ Nalgene	2
<input type="checkbox"/>	Eating utensils and a mess kit or sturdy bowl and cup	1
<input type="checkbox"/>	Sunglasses	1
<input type="checkbox"/>	Sunscreen (at least 30 SPF)	1
<input type="checkbox"/>	Rain Gear	1
<input type="checkbox"/>	Sleeping bag	1
<input type="checkbox"/>	Sleeping pad	1
<input type="checkbox"/>	Small flashlight	1
<input type="checkbox"/>	Pillow	1
<input type="checkbox"/>	Bug Spray	1
<input type="checkbox"/>	Extra batteries	2
<input type="checkbox"/>	Towel	1
<input type="checkbox"/>	Personal toiletries	1
<input type="checkbox"/>	Daypack/ Small backpack for every day trips	1
<input type="checkbox"/>	Pack Items in a Duffle Bag or Large Backpack for bus travel	1
CLOTHING		OVERNIGHT
<input type="checkbox"/>	Water Shoes - closed-toed shoes that can get wet	1
<input type="checkbox"/>	Camp shoes	1
<input type="checkbox"/>	Sturdy light hiking shoes	1
<input type="checkbox"/>	Jacket or windbreaker (can double with raingear)	1
<input type="checkbox"/>	Wool or fleece pullover	1
<input type="checkbox"/>	Long sleeved shirt	2
<input type="checkbox"/>	T-shirt	4
<input type="checkbox"/>	Shorts	3
<input type="checkbox"/>	Long pants	1
<input type="checkbox"/>	Bathing suit (can double with shorts)	2
<input type="checkbox"/>	Underwear	5+
<input type="checkbox"/>	Cotton socks	4
<input type="checkbox"/>	Wool or synthetic fiber socks	2
<input type="checkbox"/>	Cap or brimmed hat	1
<input type="checkbox"/>	Bandana	1
<input type="checkbox"/>	Trash bag with name on it for dirty clothes	1
CAVING GEAR – Appalachian Adventure		OVERNIGHT
<input type="checkbox"/>	Warm layers that can get DIRTY – old sweatshirts work well!	1
<input type="checkbox"/>	Boots or athletic sneakers that can get WET & DIRTY!	1
<input type="checkbox"/>	Kneepads	1
<input type="checkbox"/>	Clean change of clothes	1
<input type="checkbox"/>	Trash bag, labeled with name, to store wet & dirty items	1
SAILING GEAR – Nautical Voyage		OVERNIGHT
<input type="checkbox"/>	Multiple bathing suits	5+
<input type="checkbox"/>	Lightweight cover-up	1
<input type="checkbox"/>	Sneakers with white or non-marking soles	1
OPTIONAL ITEMS		OVERNIGHT
<input type="checkbox"/>	Camera/film	1
<input type="checkbox"/>	Book	1
<input type="checkbox"/>	Journal	1
PLEASE DO NOT BRING		OVERNIGHT
<input type="checkbox"/>	Cell Phones	0
<input type="checkbox"/>	iPods	0
<input type="checkbox"/>	Electronics	0
<input type="checkbox"/>	Knives	0
<input type="checkbox"/>	Jewelry	0
<input type="checkbox"/>	Expensive Personal Belongings	0