



2009-2010 Seminar I Rampart Reservoir Packing List

Important: All items on this list should be packed together in one bundle. Large duffel bags work really well. Please NO SUITCASES. Students should practice packing their own bags, as they will be expected to pack them on the trip. By being responsible for their own packing, they will know what is in their bags and how to take care of their own belongings. PLEASE MAKE SURE ALL CLOTHING AND GEAR IS LABELED WITH YOUR NAME. SHARPIE MARKERS WORK WELL. Clothes worn to school on the day of the trip are in addition to this list, except for shoes and jackets.

SLEEPING GEAR:

- _____ Warm sleeping bag (good for down to at least 5 degrees)
- _____ Stuff sack for sleeping bag
- _____ Sleeping pad for under sleeping bag (No large blowup air mattresses.)

CLOTHING:

- _____ 2 pairs of shoes (sturdy for hiking and one pair of water shoes for canoeing)
- _____ 3 pairs of socks (one should be wool or polar fleece)
- _____ 1 pair of long pants
- _____ 1 pair of shorts
- _____ 1 swimsuit
- _____ 1 towel (quick dry best)
- _____ 1 warm long sleeved shirt (Flannel shirts or turtle necks are good.)
- _____ 2 changes of underwear
- _____ 1 warm hat that covers ears **and** a hat for the sun as well (baseball cap)
- _____ 2 t-shirts
- _____ synthetic long underwear (top and bottom)
- _____ 1 warm sweater (no sweatshirts – 100% wool or polar fleece only)
- _____ 1 pair warm gloves or mittens
- _____ 1 warm jacket

_____ WATERPROOF/RUBBER RAIN GEAR (JACKET with a hood AND PANTS) Check if it fits. Rain gear needs to fit over a warm jacket and /or sweater. It is best if the pants will slip on over shoes. Rain gear can get a lot of use so investing in a good quality set may ensure it lasts longer.

OTHER:

- _____ medication (must be logged in by the school nurse, in original container, only the amount necessary for the trip)
- _____ soap (in a container or plastic bag)
- _____ toothpaste and toothbrush (in plastic bag)
- _____ deoderant
- _____ comb/hairbrush
- _____ chapstick
- _____ sunglasses
- _____ sunscreen in plastic bag to ensure that it does not explode with change in altitude
- _____ flashlight with extra batteries
- _____ insect repellent (containing DEET, less than 10% is recommended for children and young adults)
- _____ sturdy metal or plastic plate, insulated cup, bowl, knife, fork, and spoon
- _____ carrying bag for utensils and dishes (a mesh “dunk bag” works well)
- _____ 2 liter-sized water bottles (need to be sturdy and resealable) or a camelbak that carries at least two liters

OPTIONAL ITEMS:

- _____ camera
- _____ small pillow
- _____ paperback book to read
- _____ frisbee/hackey sack/soccer ball

DAYPACK (you will need one)

You will need to pack the following items in your daypack so you will have them in the van on the first day of your trip. The rest of your gear will not be accessible until arrival at our destination.

- _____ lunch for the first day (9/5) with a drink in a non-breakable container
- _____ water bottle filled with water or camelbak (please check for leaks)
- _____ rain gear
- _____ pen, pencil, journal

DO NOT BRING: candy, gum, or other food, hair dryers or other electrical appliances, sharp knives, matches, or lighters