

Seminar I 2018 Student Gear List

Items on this list should be packed all together in one large duffel per student. No suitcases or wheeled luggage. Waterproofing personal belongings with trash or Ziploc bags will keep gear dry if it rains. CSS expects that students pack their own bags (with parent supervision), as they will be expected to maintain them and to be able to pull appropriate gear on the trip. PLEASE LABEL ALL CLOTHING AND GEAR WITH STUDENT'S 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.

Synthetic clothing is best during outdoor activities as they wick away moisture and dry quickly. Cotton is never a preferred material while camping.

By Thursday, August 23, and along with a Permission for Medication form, medication(s) must be dropped off to Ann Runte, Infirmary Coordinator, in the original container and only the amount necessary to be taken during the trip.

SLEEPING GEAR:

- _____ Synthetic sleeping bag, semi-rectangular or mummy-style (comfort rating in the range of +15°F to +32°F)
- _____ Stuff sack for sleeping bag (**No** garbage bags)
- _____ Sleeping pad for under sleeping bag, maximum 3.5-inch thickness (no power-inflated mattresses)
- _____ Small pillow (**optional**)

CLOTHING:

- _____ 1 pair comfortable closed-toe shoes, ideal for physical activity (can be running shoes but not slip-ons)
- _____ 1 pair sport/water sandals, shoes, or booties to be worn in the lake, such as Keen, Chacos, NRS -- **no flip flops!**
- _____ 2 pairs synthetic or wool socks
- _____ 1 pair lightweight long pants (no jeans or cotton sweats)
- _____ 1 pair athletic shorts
- _____ 2 t-shirts
- _____ 1 warm long sleeved shirt, such as flannel or tech
- _____ 2 pairs underwear
- _____ 1 warm fleece or knit hat that covers the ears
- _____ 1 sun hat with visor or baseball cap
- _____ 1 warm sweater, 100% wool or polar fleece -- **no cotton sweatshirts!**
- _____ Activewear warm jacket
- _____ 1 pair pajamas, top and bottom
- _____ Swimsuit (athletic swimwear that fits well and will not fall or slip; one-piece preferred)
- _____ 1 set **waterproof** rain gear -- **hooded jacket and pants (No ponchos)**

Notes about rain gear:

- Waterproof/Breathable (WP/BR) rainwear is recommended -- examples include Gore-Tex, MemBrain (by Marmot), Dry.Q (by Mountain Hardwear), REI Elements, and HyVent (by The North Face). Rain gear can get a lot of use so investing in a good quality set may ensure that it lasts longer.
- Try the gear on to confirm that it fits; it is important that warm layers can fit underneath the outerwear.
- It is best if rain pants include zippers from the bottom of each leg. This feature allows pants to be put on and taken off over shoes.
- Students will be expected to pack rain gear in day packs *daily*.

TOILETRIES:

- _____ Toothbrush and toothpaste, carried in a Ziploc bag marked with name
- _____ Hairbrush or comb
- _____ Chapstick SPF 15
- _____ Sunscreen SPF 30+, in Ziploc to ensure that it does not explode with change in altitude
- _____ Insect repellent (containing DEET, less than 10% is recommended)
- _____ Deodorant
- _____ Feminine hygiene products, as needed

PERSONAL ITEMS:

- _____ Day pack
- _____ Small quick-dry, super-absorbent camp towel
- _____ Head lamp (**not** flashlight) with new batteries, plus extra batteries
- _____ Reusable water bottle(s) with screw cap, totaling minimum of 2L (Camelbacks must have shut-off valve)
- _____ Set of camping dishware and utensils
 - sturdy **metal** or **plastic** plate and bowl
 - insulated mug with handle *and* lid
 - knife, fork, and spoon (**No** disposable plastic silverware)
 - mesh “mess” bag with a zipper or drawstring and a Carabiner (for attaching to a line to air-dry dishes)
- _____ 1 paperback book (for reading at night time or in the van, **optional**)
- _____ Sunglasses (**optional**)
- _____ Healthy sack lunch and drink that is completely disposable (for Wednesday)

DO NOT BRING: candy, gum, or other food, iPod, cell phone, hair dryer or other electrical appliances, sharp knives, matches, or lighters