

What to Bring

Recommended:

Sleeping bag or bedroll
Pillow
Seasonal jacket or coat
Pajamas
Towel
Reusable water bottle
Comb or brush
Gloves
Handkerchief
2 pairs of walking shoes – be prepared that the shoes will get muddy and dirty
2 complete changes of clothing
Trash-free lunch for the first day

Sweater and/or sweatshirt
3 pairs of socks
Change of underwear
Toothbrush and toothpaste
Soap in a container
Flashlight
Warm hat
Protective raingear

Optional:

Bag for dirty clothes
Bug spray
Camera

NOT ALLOWED:

Shorts (warm weather is tick/poison ivy season)
Candy
Gum
Radios/MP3/iPods/CD players
Money (except for buying a T-shirt)

Electronic games/ toys
Pocket knives
Curling irons
Hair dryers



