

# Travel Program Packing List

Some of our trips require specific clothing or protective equipment. This is to ensure the safety of our campers. The 2011 packing list will be posted in the spring. It will be similar (if not identical) to the 2010 packing list below.

## **Ropes Course & Tree Climbing**

- Wear longer shorts, capris or long pants

## **Organic Farm**

- Hat with a wide brim covering face, ears & neck

## **Mountain biking**

- A water bottle to fit in a bike cage. We recommend Zephyr Hills Sport with Sip Top.
- Bike gloves if you own them. No need to purchase.

## **Overnight**

- Sleeping bag & Pillow
- Flashlight
- Pajamas
- Toiletries
- Personal medications
- Change of clothes
- Extra shoes (in case yours get wet)
- Lunch & snacks (for the first day only)

## **Caving Trip**

- a helmet (bicycle helmets are fine)
- one light source attached to the helmet
  - you can use a head lamp (**see below**) or duct tape a regular flashlight securely to your helmet
- one back up light
- extra batteries for both (packed in a ziploc bag so as to be waterproof)
- clothing for inside the cave (caves are wet, muddy, and at about 60 degrees)
  - long pants
  - long sleeves
  - hiking boots
  - OPTIONAL - gloves
- clothing for outside the cave (before and after)
  - regular camp clothes
  - you will be able to change at the cave.

## **A note on head lamps:**

Wearing a head lamp is the best choice for navigating a cave. Below are some reasonable purchasing options.

- Dick's Sporting Goods: Wenzel 3 LED Mini Headlamp - \$9.99
- Target: Backyard Night Vision Headlamp - \$12.99
- REI: Princeton Tec Quest Headlamp - \$16.95