

## **Forever Wild Packing List**

### Things to Wear:

- T-shirts (5)
- fleece pullover / sweatshirt (1)
- shorts (1-2 pairs)
- jeans/pants (1-2 pairs)
- underwear (5)
- socks (5-6 pairs)
- Pajamas
- Layers for sleeping outdoors (thermal top and bottoms)
- Warm hat (wool or fleece)
- \*Rain jacket
- Walking shoes/sneakers
- Sandals/camp shoes
- Bathing suit / towel

### Necessary items:

- Toiletries (toothbrush, toothpaste, contact solution, feminine hygiene products, etc.) Keep it small!
- Glasses (if you wear contacts)
- Sunglasses, sunscreen, chapstick (SPF 15 and up)
- Any required medication
- Daypack / back pack for carrying water bottle and a layer
- 1 liter-sized water bottle
- Headlamp or flashlight
- bowl, mug, spoon and fork

### For camping/sleeping:

- \*Sleeping bag
- \*Sleeping Pad
- Pillow

### Optional:

- Camera
- small musical instrument
- lightweight brimmed hat
- playing cards

\*Please let us know if you need to borrow any of these items by emailing [xaintern@hamilton.edu](mailto:xaintern@hamilton.edu)