

Outdoor Adventure Sampler (OAS) 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
- *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

For camping/sleeping:

- *Sleeping bag
- Pillow

Optional:

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

*If you need to borrow any of these items, please watch your email for a request form, coming in July!