

What Each Student/Group Needs to Bring

The students will be responsible for the following:

- Snack on Thursday on the way
- Meal for Thursday night
- Breakfast and lunch Friday
- Supper Friday night
- Breakfast and lunch Saturday
- Snack for on the way home

Group List

- Tent (3-4 people per tent)
- Rain Fly (1 per tent)
- flashlight (1 per tent)
- single burner stove
- cooking pot/pan
- water (enough for cooking & drinking)

Individual List

- Backpack
- Day Pack
- Sleeping Bag
- 2 Large Garbage Bags
- Rain Poncho
- matches
- candle
- aluminum foil
- gloves for cooking (work gloves)
- Cooking Utensils (forks, spoons, cup, cooking pot)
- pocket knife
- water bottle

Optional List

- camera
- deck of cards
- binoculars
- fishing rod

Meal Suggestions

- *Plan your meals and only take as much as you need.
- *Anything light that can be cooked in water is ideal
- Kraft Dinner
- Noodles (Ichiban)
- Instant Oatmeal
- Pasta Noodles
- Soup Works

Clothing

- 2 pair of pants (jeans or sweats)
- 2 pair of shorts
- 4 pairs of socks (1 wool pair)
- 3 pairs of underwear
- sandals
- 2 cotton shirts (1 long sleeved)
- Long Johns
- Sweater or Sweatshirt
- Wind jacket
- Coat
- Hat and toque
- sunglasses
- Boots (hiking or good runners)

Toiletries

- Toothbrush
- Toothpaste
- Toilet Paper

Snacks

- Jerky
- Spitz
- Granola & Chocolate Bars
- Trail Mix
- Dried Fruit
- Nuts