

Field Trip Packing List:

sleeping bag and pad
day pack or knapsack
hiking shoes
several pairs of thick socks
rain gear: goretex or equivalent jacket with hood (rain pants are advised, too)
warm layers: polypro, fleece, wool (shirts, vests, sweaters, gloves, hat)
NO COTTON: it will make you colder when wet, and takes too long to dry.
beach sandals (Teva or equivalent that are good for walking and wading)
water bottle

towel
personal items, toiletries, etc.
Dry clothes to change into at the end of the day

sketchbook and drawing tools
writing journal
mini-disk(s)
Pilgrim at Tinker Creek for Tues. night seminar

a musical instrument if you have one for spontaneous soundtrack performance
Wednesday night.
Frisbee, other toys

There are cooking utensils in the cabins, however there may not be enough flatware, plates or mugs. In your cabin groups, discuss who might have these things to bring.

Food: in your cabin groups, decide how to manage food: breakfast, lunch, dinner & snacks. You may decide that you will prepare for breakfasts & lunches individually and do dinners as a group, or to share more. You will need to prepare for these meals:
Monday: lunch (on the road), dinner.
Tuesday: breakfast, lunch & dinner
Wednesday: breakfast, lunch & dinner
Thursday: breakfast