



MACGYVER OVERNIGHT CAMP

4-DAY CAMP GEAR LIST

A gear list is on the following page. **You will need to bring your own gear. Closed-toed shoes are essential**, as we will work with tools and move around in the forest. Email Erynne (erynne@cascademountainschool.org) to request to borrow gear.

Please keep in mind as you pack:

1. **Please bring a sack lunch for Day 1.**
2. **Pack light.** Bring what you need, but no more. Lighter is better.
3. Footwear should be sturdy and **closed-toed**.
4. Weather will probably be warm and sunny during the day, but cool at night. Be prepared for rain or wind. Bring at least one top layer of synthetic clothing (nylon, fleece, etc)
5. **Please plan to unplug this week.** We will have so much fun, there is no need to text, surf the web, or connect into Facebook. Instead, you'll connect with the nature and friends around you. Cell phones do not work very well in Trout Lake.

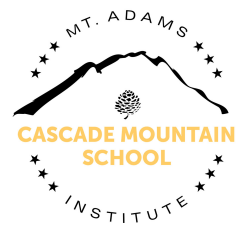
GEAR LIST

Camp Equipment:

- ☐ 1 small daypack (to carry lunch, water, a warm layer, etc)
- ☐ 1 sleeping bag (rated to about 30 degrees)
- ☐ 1 sleeping pad (for the last night of camping out)
- ☐ 1 collapsible duffel bag for clothes (no hard suitcases or roller bags)
- ☐ 1 pillow and pillow case
- ☐ 1 top sheet (for warm nights)

Clothing:

- ☐ 4 pairs underwear
- ☐ Sports bra
- ☐ 4 pairs socks: wool or synthetic (sports socks work well)
- ☐ 1 sun hat w/ a brim: visor, baseball hat, etc
- ☐ 1 warm hat for cool evenings
- ☐ 2-3 t-shirts
- ☐ 1 long-sleeved shirt: ideally synthetic, polyester, capilene, or wool
- ☐ 1 warm fleece jacket
- ☐ 1-2 pair shorts: nylon or quick-dry
- ☐ 1 pair long pants (synthetic or jeans) for working in
- ☐ 1 pair warm pajamas (cool evenings in Trout Lake)
- ☐ 1 rain jack
- ☐ 1 pair rain pants (optional)
- ☐ 1 towel



- ☐ 1 pair sturdy, **closed-toed** shoes
- ☐ 1 pair sandals or water shoes (no flip-flops! Keens, Tevas, Crocs, Chacos, etc are great)
- ☐ 1 light colored, plain t-shirt for making camp t-shirts (optional)

Miscellaneous Equipment:

- ☐ 1 headlamp/flashlight with extra batteries
- ☐ Journal/notebook and pen/pencil
- ☐ Work gloves
- ☐ Toiletries: sunscreen, lip balm, toothbrush, toothpaste, comb, medications, etc.
- ☐ Sunglasses
- ☐ 2 water bottles (at least 1 liter each)
- ☐ Granola bars/snacks (we'll provide snacks, but if you want extra)
- ☐ Sack lunch for Day 1

Optional:

- | | |
|---|---|
| <input type="checkbox"/> Insect repellant | <input type="checkbox"/> Book |
| <input type="checkbox"/> Bandana | <input type="checkbox"/> Cards |
| <input type="checkbox"/> Camera (digital or disposable) | <input type="checkbox"/> Colored pencils, watercolors, personal art supplies, etc |
| <input type="checkbox"/> Watch | |