



Packing List

Please keep in mind as you pack:

1. Pack light.
 - Bring what you need, but no more.
2. Footwear should be sturdy. Your comfort and enjoyment of the trip is at stake!
 - Consider bringing shoes with ankle support, tough soles/treads and some amount of waterproofing for hiking on trails.
 - Bring a pair of water shoes (crocs, tevas, etc.) or an older pair of shoes that you can get wet
3. WEATHER!
 - Weather will probably range from 35 at night to 75 during the day.
 - During hikes we will be at elevation (~4,500 feet in valley), and it will be colder. Please be prepared for cold, rain and wind with plenty of warm layers
4. Think about fabric! SYNTHETIC IS SUPER!
 - Check the labels on the inside of your clothing. Look for synthetic materials (think athletic clothes) like polyester or nylon. These are sweat-wicking and won't absorb water. Cotton fibers are in most t-shirt and jeans and comfy for everyday use, but when you are hiking, potentially in the rain, they are no one's friend. Cotton absorbs water and stays cold, which is very uncomfortable and unsafe. Bring synthetic or wool layers instead; even if wool gets wet it will keep you warm!
5. Please plan to unplug this week.
 - We will be having so much fun, there is no need to text, surf the web or connect to social media. Our staff will be taking pictures and posting throughout the week.
6. Ask for what you need!
 - At CMS we have a small but well stocked "gear library" that we are happy to loan out. Our top priority is that you have the gear you need to stay comfortable and safe while at Outdoor School. We understand that some of this gear can be hard to find or prohibitively expensive, so please reach out to your group leader with any gear that you would like to borrow, and we are happy to set it aside for you!

What to Bring:

Clothing:

- 3 pairs underwear (Mama suggests bringing an extra—just in case!)
- 3 pairs socks: wool or synthetic (Mama suggests bringing an extra—just in case!)
- 1-2 sports bras
- 1 pair long underwear (long sleeve top & bottom)
- 1 warm hat/ beanie: wool or synthetic
- 1 sun hat w/ a brim: bucket hat, baseball hat, etc
- 1 Warm gloves: ideally waterproof



- 2 t-shirts: synthetic works best
- 1-2 long-sleeved shirts: ideally synthetic, polyester, capilene, wool
- 1-2 light sweater, sweatshirt or jacket
- 1 warm fleece jacket and/or vest
- 1 down or synthetic puffy jacket, preferably compact
- 1 pair shorts: nylon or quick-dry
- 1 rain jacket
- 1 pair rain pants (optional but encouraged)
- 1-2 pair of pants
- 1 pair trekking poles (optional, if you are prone to knee or ankle injury and you do not own trekking poles, please request a pair)
- 1 pair of sandals or lightweight sneakers (to wear around camp, to wear biking and to wear in the water)
- 1 pair hiking boots: well-fitting, waterproof, with ankle support
- 1 extra plain light colored t-shirt for screen printing camp t-shirts

Larger Equipment

- 1 small daypack to carry lunch, water, a layer and other essentials. Do not pack all of your gear in your day-pack.
- 1 sleeping bag (rated to at least 30 degrees or colder)
- 1 pillow

Smaller Equipment/Food:

- 1-2 headlamp/flashlight with fresh batteries and extra batteries
- Journal/notebook and pen/pencil
- Work gloves
- Toiletries: sunscreen, lip balm, toothbrush, floss, toothpaste, shampoo, conditioner, soap, comb, personal medications, etc
- Sunglasses
- 2- 1 liter water bottles (a typical disposable plastic water bottle is ½ a liter, a typical nalgene is 1 liter)
- Towel (compact quick dry towels work the best)
- Several granola bars/snacks (we will provide snacks, but if you want extra)
- Sack lunch for Day 1

Optional: Insect repellent, Bandana, Camera, Watch, Book, Cards, Colored pencils, Watercolors, Low sitting camp chair (ex: Krazy Kreek chair)