



# Senior El Packing List

We are thrilled for you to join us on trek at The Cottonwood Gulch. We have developed this packing list and refined it over the years. Please make sure all items are included as our goal is your child's safety and comfort. We do consider everything on this list to be essential. To ensure preparedness, check the weather the day before your trip!

Cottonwood Gulch will provide all the necessary group gear, including tents and sleeping pads. \*If your child does not have a sleeping bag, the Gulch has some to loan. **Let us know ASAP if you would like to borrow one.**

## Luggage:

- 1 small duffel for storing your clothing and gear
- 1 backpack for day use

## Clothing:

- Sneakers/hiking shoes** 1-2 pair of comfortable CLOSED TOED, yet tough for everyday use
- Long Pants** 1-2 pairs can be worn on all days
- Short Sleeve Shirts** 3-4 shirts
- Long Sleeve Shirts** 2 warm layer shirt
- Winter Coat** It gets cold in the evenings!
- Underwear** 4 pairs
- Long Underwear/Comfy warm sweatpants** 1 pair (used as PJs)
- Gloves** for warming hands in the evening, night, and morning
- Socks** 5 pairs (including an extra warm pair just for sleeping)

## Sleeping Gear:

- Sleeping bag (rating of 20 degrees or lower required) \*Gulch can provide if notice is given.
- Optional blanket; optional blanket

## Toiletries:

- Toothbrush and paste
- Small brush or comb (optional)
- Personal medications to be administered by a staff member or teacher

## Basic Gear (in daypack):

- Hat wide brim is good, both for comfort and protection from the sun
- Raincoat or poncho
- Warm layer (fleece jacket)
- 1 headlamp or flashlight (and extra batteries)
- 2 one-liter water bottles
- Sunscreen and chapstick/lip balm
- SIWI Material (journal, pen, pencil, colored pencils)
- Camera (optional) NOT a phone

***Do not bring any weapons, food or gum, fireworks, personal electronics, or illegal substances.***