

# Jr. 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!

\*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 (daypack) for day use

## Clothing:

- Sneakers/hiking shoes** 1-2 pair of comfortable CLOSED TOED, yet tough for everyday use
- Long Pants** 1-2 pair can be worn on all days
- Short Sleeve Shirts** 2-3 shirts
- Long Sleeve Shirts** 1 warm layer shirt
- Winter Coat** It gets cold in the evenings!
- Underwear** 3-4 pairs
- Long Underwear/Comfy warm sweatpants** 1 pair
- Gloves & warm hat** for 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 pillow

## 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
- Rain gear (poncho or jacket and pants)
- Warm layer (fleece jacket)
- Underware (extra pair in a ziplock bag)
- 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.***

## **Please remember:**

- ❖ Your child will wear their daypack all day; it should be appropriately sized, fit comfortable, and should not contain extra items.
- ❖ Every item should be **labeled** with your child's name or initials. This will support their growing independence and responsibility by helping them keep track of their things.
- ❖ Follow the packing list to ensure your child can be comfortable and independent.
- ❖ Send lunch and extra snacks for the first day (**in their daypack**).
- ❖ Any **medications should go to your child's classroom teacher**.
- ❖ **DO NOT** send wipes, bandaids, bug spray or painkillers. Chaperones and staff will have all these supplies.