

REQUIRED CLOTHING AND EQUIPMENT

This list (also available in Spanish) is for all Headlands Institute participants. While going through the list, keep in mind the number of days you will be at our campus. ***Check off item once it's packed.***

REQUIRED FOR HIKING DAY

- ___ Lunch from home **on the first day only.**
- ___ Day pack — large enough for lunch, jacket, rain gear, journal and water bottle.
- ___ Water Bottle — unbreakable, leak-proof one quart (or more) plastic bottle without a straw. Drinking water bottles (e.g. Calistoga, Evian, etc.) are fine.
- ___ Rain gear — complete rain jacket and pants or poncho (coated nylon is best).
- ___ Sunscreen — SPF 30 or higher.
- ___ Chapstick / lip balm with SPF.
- ___ Hats — 1 for sun protection, 1 for warmth.
- ___ Handkerchief — to be used as a lunch place mat.
- ___ Foot gear — sturdy, ankle supporting and preferably waterproof for hiking.
- ___ Jacket — stuffable nylon or thick fleece is a good choice.
- ___ Pen or pencil.
- ___ Personal medications, as needed (coordinate with teacher).

REQUIRED FOR OVERNIGHT (after 4p.m.)

- ___ Foot gear — in addition to the hiking pair, bring a comfortable pair to wear on campus.
- ___ Warm sleeping bag and pillow (sheets and thick blankets are fine).
- ___ Long pants — bring at least one extra pair.
- ___ Shirts — extra as needed, long sleeve are best to accommodate the changes in weather.
- ___ Warm layers.
- ___ Socks and underwear— one pair per day plus one extra (a few thick hiking socks if possible).
- ___ Pajamas or equivalent (sweats, etc.).
- ___ Toiletries — comb or brush, toothbrush, toothpaste, soap, shampoo, etc.
- ___ Bath towel and washcloth.
- ___ Sandals to wear in the shower.
- ___ Personal medications, as needed (coordinate with teacher).

OPTIONAL

- ___ A twin-size fitted sheet (**highly recommended**).
- ___ Gloves or mittens — one pair.
- ___ Sunglasses.
- ___ Camera.
- ___ Alarm clock (**adults only**).
- ___ Flash light (**adults only**).

DO NOT BRING

- Candy, sodas or extra food of any kind (except for lunch on the first day).
- Electrical or battery powered equipment (video games, CD players, iPods, etc.)