



## OLD School Packing List

OLD School will provide the majority of the gear for your course. Most of the items you will need to bring are clothing and toiletries. However, many students prefer to use their own gear with which they are already familiar. This is great! Feel free to bring whatever you have, and OLD School staff will check through it all and make sure it's good to go.

One secret to clothing for outdoor travel is layering. The more layers you bring, the more options you have to maintain the optimal temperature while exerting yourself. You'll want to be warm at times, but not sweaty. It is often hard to maintain a balance without several different clothing "weight" choices for upper and lower body. Even in the summer you will want a light jacket; the temperature drops pretty fast in higher elevations.

**\*A note on cotton:** cotton items are perfect for anytime you are sure to be dry. However, cotton is a real downer when it is wet. Cotton has very poor wicking properties, meaning that it dries very, very slowly. Often, we will be in wet conditions without a hot sun to dry us off and warm us up. We rely on our gear to keep us warm and safe. For example, if you wear cotton socks on a cool day, and we have to cross a river on foot, your feet could be in bad condition by the time we make it to camp. Wool and synthetics, like polyester, work great on any part of your body. If you just have cotton clothes you don't have to go buy a whole new wardrobe, but Wal-Mart does have really cheap polyester shirts; thrift stores also have a wonderful selection of polyester shirts (the tackier the better). Please feel free to call or email with any questions...[harry@swoutfitters.com](mailto:harry@swoutfitters.com)

### You'll need to bring the following items:

- \_\_\_ Sleeping Bag – a lighter, smaller bag is best
- \_\_\_ Sturdy, comfortable boots/shoes to hike in
- \_\_\_ Second pair of shoes – for most of the water activities and things around camp
- \_\_\_ 2 T-shirts - Non-cotton works best. Polyester is perfect.
- \_\_\_ Toiletries - Toothbrush, toothpaste, etc
- \_\_\_ Warmer upper body layer - Such as a jacket, sweater, fleece, etc
- \_\_\_ Shorts to hike in -1 pair is fine
- \_\_\_ Wind pants (optional) - One pair of lightweight, breathable pants to hike in. Leg zippers are convenient for slipping on and off while wearing boots.
- \_\_\_ 2 or 3 pairs of socks - Wool socks, or wool blend socks are great.
- \_\_\_ Hats (optional)- A baseball type hat works nice to keep the sun off your face. You also might like a warm hat to cover your ears. Wool or fleece is best.
- \_\_\_ Sunscreen (optional)
- \_\_\_ Bible (something smaller to carry in your backpack)
- \_\_\_ Notebook with pens or pencils
- \_\_\_ Raingear-It rains here a good bit. Solid raingear can be your best friend.
- \_\_\_ Headlamp/flashlight
- \_\_\_ A pocket knife if you have one (be sure to tell your youth leader you have one)

### Things you won't need:

- \*Cell Phone
- \*CD/MP3 player
- \*2 piece bathing suits

