

Student Packing List

It is important to remember that you will be outdoors as much as possible during your stay at the center, so it is necessary that you come prepared. If you do not have some of the items **don't think that you need to buy them**; you should substitute, improvise, or talk to your teacher.

Prepare for the weather; it can be warm, cold, windy, rainy, sunny, or snowy in the Mount Rainier region.

Remember that you will be carrying your own luggage, so do not bring more items than you can carry. It is suggested to pack your backpack and luggage as follows;

☐ **BACKPACK**

- ☐ 1 – 2 plastic 1-liter water bottles
- ☐ Rain coat and pants
- ☐ Sunscreen
- ☐ Sack lunch for the first day
- ☐ Winter coat if appropriate
- ☐ Lip protectant (ChapStick) *Optional*

OTHER

- ☐ Bag for dirty clothes
- ☐ Plastic bag for wet shoes

OPTIONAL ITEMS

- ☐ Binoculars
- ☐ Camera
- ☐ Flashlight
- ☐ Reading books

☐ **LUGGAGE/DUFFLE BAG**

BEDDING AND HYGIENE

- ☐ Pillow
- ☐ Sleeping bag or blankets
- ☐ 1 Bath towel and washcloth
- ☐ Comb or brush
- ☐ Soap, toothbrush, toothpaste
- ☐ Shower shoes *Optional*
- ☐ Bug spray *Optional*

CLOTHING

- ☐ 5 - 6 Pairs of underwear
- ☐ 5 – 6 Pairs of socks
- ☐ 3 - 4 Shirts, at least one long-sleeved
- ☐ 2 Extra sweaters or sweatshirts
- ☐ 3 Pairs of long pants
- ☐ 2 Pairs of shorts (if appropriate for season)
- ☐ Pajamas
- ☐ 1 Hat (appropriate for season)
- ☐ Warm gloves, scarf, etc. for cooler temperatures

FOOTWEAR

- ☐ 1 Pair of shoes/boots that can get muddy (Waterproof is preferred but not required)
- ☐ Extra shoes

Students should not bring

- snacks, food, drinks, gum, or candy
- Cell phones, CD players, iPods, mp3 players, electronic games, hair dryers, curling irons, or other electrical devices
- knives or weapons of any kind

NOTE ABOUT FOOTWEAR: We will be hiking each day at Mount Rainier Institute. Please bring sturdy tennis shoes or boots that can get wet or muddy. These shoes should have been previously broken in by the wearer and have decent foot and ankle support. This will help us greatly in avoiding blisters.