

MDCS Outdoor Ed. *Personal Gear List-*

Hiking Clothes

(All items **MUST** be packed in 1 gallon ziploc bags to keep items dry. Please use press 'n seal closures, the sliders break easily)

- 1 Set of Thermal Underwear/base layer (Mid-weight Polypro or Capilene. **AVOID cotton**)
- 1 Fleece Vest or Jacket (optional if lows are over 40 – again avoid cotton)
- Waterproof Shell (rain jacket, Gortex or other breathable membrane jacket)
- Rain pants
- 1 Pair of Warm Gloves (optional if lows are over 40)
- 1 Warm Hat
- 1-2 Pair of Wool Socks
- 1 extra pair of hiking shorts
- 1 pair of athletic pants (NOT JEANS)
- 1 extra T-Shirt
- 2 pair Underwear
- 1-2 Bandanas or Handkerchiefs
- Sandals or Water Shoes suitable for a 1 mile walk. We will be wading across the creek 3 times.

Trail Items

- Small flashlight *or* Headlamp with extra batteries (headlamps preferred)
- 1 or 2 **32oz. Water Bottles!** (Very important!)
- Safety Whistle
- Drinking Cup or mug (non-ceramic - nothing breakable)
- Plastic bowl for meals (non-ceramic - nothing breakable)
- Fork/Spoon or both
- Travel Size Toiletries (toothbrush, toothpaste, deodorant)
- 10 Liter dry bag (can be purchased at Walmart)
- 2-3 Extra ziploc bags for trash or misc. items

If You Have It... (if you don't, we do)

- Synthetic or Down "Stuffable" Sleeping Bag
- Lightweight compact sleeping pad (i.e. Thermo-Rest, Big Agnes)

PLEASE NOTE: We reserve the right to "trail modify" your child's clothing if it encumbers their ability to hike safely (i.e. excessively long pant legs may be cut to size to avoid tripping and falling).

A SPECIAL NOTE: It may be tempting to pack more than what is listed above. *Please resist the temptation!* This list will get the job done wonderfully while avoiding the much weightier problem of having a super-heavy pack.