

# CHOICE Fall Trip

What to bring? We will be very tight on space so please pack *only* what is on this list and consolidate! Everyone is limited to 1 bag (smaller than themselves), a sleeping bag, and day pack. **DO NOT BRING EXTRA FOOD OR CANDY.** Please make sure to label everything with your full name! **NO ELECTRONICS!!!**

The weather in the mountains varies considerably this time of year, be ready for anything (especially *cold!*)! If you are prepared for the weather, you will have a much more enjoyable time in the outdoors. Remember snow, rain, or shine we are pursuing outdoor activities. *Be prepared!*

## Clothing:

- \_\_\_ long pants - 1 pair
- \_\_\_ fleece sweatshirt or wool sweater
- \_\_\_ short sleeved shirt - 1
- \_\_\_ long sleeved shirt - 1
- \_\_\_ long underwear - mid-weight
- \_\_\_ warm pajamas
- \_\_\_ socks - 3 pair - wool is best!
- \_\_\_ synthetic liner socks - min. 1 pair  
    *[Waldman recommends polypropylene.]*
- \_\_\_ underwear *for each day*
- \_\_\_ shell jacket - at least water resistant
- \_\_\_ rain gear - jacket (if above is not waterproof) and pants
- \_\_\_ hats - 1 warm, 1 w/brim (cap ok)
- \_\_\_ hiking boots or sturdy athletic shoes
- \_\_\_ cabin slippers (optional)
- \_\_\_ gloves or mittens - mid- or heavy wt.

## Sleeping gear:

- \_\_\_ sleeping bag - please, no pillows  
    *[Waldman recommends using soft clothing for your pillow.]*

## Personal articles:

- \_\_\_ towel and washcloth
- \_\_\_ soap and shampoo
- \_\_\_ brush or comb
- \_\_\_ eye care, including sunglasses
- \_\_\_ toothbrush and paste
- \_\_\_ medications - *submit to Co-op teacher*
- \_\_\_ feminine hygiene
- \_\_\_ flashlight or headlamp (warning! inappropriate use will result in confiscation)
- \_\_\_ sunblock ( $\geq 15$  SPF)
- \_\_\_ pen/pencil(s)
- \_\_\_ sun glasses

## Hiking Equipment:

- \_\_\_ day pack
- \_\_\_ 2 1-liter water bottles (total 2 liters)
- \_\_\_ blister care  
    *[Waldman recommends a small pencil wrapped in duct tape!]*
- \_\_\_ whistle
- \_\_\_ watch

## Optional:

- \_\_\_ bandanna
- \_\_\_ camera (xtra battery)
- \_\_\_ compass, binoculars, field guides
- \_\_\_ playing cards
- \_\_\_ personal reading
- \_\_\_ bathing suit (*most don't swim, but a few crazies do!*)

## WHAT YOU MAY NOT BRING:

**NO electronics** - incl. cell phones  
**NO candy**  
**NO extra food**  
**NO tobacco, drugs, weapons (incl. pocket knife)**  
**NO money**  
**NO bad attitudes!**  
**NO EXCEPTIONS**

## NOTES: