

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

## NOTES: