

## PACKING CHECKLIST: GIRLS IN STEM OVERNIGHT PROGRAM

Mountain weather can be unpredictable, we recommend students bring multiple layers to comfortably adjust to the changing conditions. **When selecting clothing, we suggest packing synthetic and non-cotton items.** Below you will find a recommended packing list consisting of items required to stay safe and warm during the trip with KSS. The amount of clothing is representative of a typical three-day Girls in STEM program (Friday evening – Sunday afternoon) and should be adjusted for longer or shorter trips.

**Please note:** Instructors will work with the students to ensure they are outfitted properly for mountain conditions. If students do not own the listed equipment, we will lend students items from our gear shed to ensure their comfort and safety during their visit.

### How many bags should be packed?

- Overnight Bag** We recommend packing your student's gear, including their sleeping bag and pillow, in one duffel bag or an over the shoulder bag. Students will have to carry their gear from the parking lot to the dorm.
- Day Pack** Backpack with two padded straps, large enough to carry extra layers, lunch, two water bottles, and a KSS Journal.

#### OVERNIGHT BAG

- Sleeping bag & pillow
- Clothing (see clothing list)
- Towel and washcloth
- Toiletries kit
  - toothbrush / toothpaste
  - shampoo / soap
  - brush or comb
  - other items as needed
- Headlamp or flashlight

#### DAY PACK

- 2 water bottles
- Sunscreen (SPF 15 or higher)
- Lip balm (SPF 15 or higher)
- Sunglasses (or ski goggles in the winter)
- Pencil or Pen
- Reusable lunch bag

#### OPTIONAL:

Bandana, gaiters (nylon boot-top coverings), camp shoes (not hiking shoes), camera with extra batteries, binoculars, a book to read, reusable plastic containers for lunch.

**DO NOT BRING**  
Cell phones or pocket knives.

#### CLOTHING

##### Top

- 2 T-shirts
- 1 Long-sleeve shirt or turtleneck
- 1 Long underwear top (preferably not cotton)
- 2 Synthetic fleece jackets or wool sweaters
- 1 Waterproof rain jacket or poncho (fall/spring)
- 1 insulated winter jacket

##### Bottom

- 3 pairs of underwear
- 1 Long underwear bottom (preferably not cotton)
- 1 Jeans or long pair of pants
- 1 Waterproof rain pants (fall/spring)
- 1 insulated snow pants (winter)

##### Feet

- Hiking boots or sturdy walking shoes (preferably waterproof for spring/fall, waterproof and warm for winter)
- 3-4 Pairs of tall wool socks

##### Head and Hands

- 1 Warm hat
- 1 Baseball cap
- 1 Pair gloves or mittens (warm and water resistant)
- 1 Scarf or neck warmer