



★ The amount of clothing is representative of a typical 3-day stay and should be adjusted for longer or shorter trips.

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.

**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 can lend students items if we have a list of needed items provided from the school at least 1 week prior to the start of the trip to ensure students are comfortable during their trip.

## 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 bus to the campsite.
- ❑ **Day Pack** Backpack with two arm straps, large enough to carry extra layers, lunch, and two water bottles.
- ❑ **Lunch** Please pack a lunch for your student on the first day, preferably in a reusable lunch bag that fits in their day pack. **NO nuts, as we are a nut free program.**

### DAY PACK

- ❑ 2 Water bottles
- ❑ Sunscreen SPF 15 or higher
- ❑ Lip Balm (SPF preferred)
- ❑ Sunglasses
- ❑ Pencil or Pen

### OPTIONAL

- ❑ Reusable lunch bag
- ❑ Bandanna
- ❑ Deck of cards or similar games
- ❑ Camp shoes
- ❑ Camera with extra batteries
- ❑ Binoculars
- ❑ Book

### OVERNIGHT BAG

- ❑ Sleeping Bag (least 30 degrees)
- ❑ Pillow
- ❑ Sleeping pad
- ❑ Clothing (see clothing list)
- ❑ Headlamp or flashlight
- ❑ Toothbrush / Toothpaste
- ❑ Brush or Comb
- ❑ Other items as needed

#### Please DO NOT bring:

- ❑ Nuts
- ❑ Phones
- ❑ Pocket knives
- ❑ Weapons
- ❑ Your nicest clothes

## ! WRITE STUDENT'S NAME ON EVERYTHING

### CLOTHING

#### TOP

- ❑ 2 T-shirts
- ❑ 1 Long-sleeve shirt
- ❑ 1 Long underwear/thermal top
- ❑ 1-2 Synthetic fleece jackets or wool sweaters
- ❑ 1 WATERPROOF rain jacket or poncho
- ❑ 1 INSULATED winter jacket (Oct-May)

#### BOTTOM

- ❑ 3 Underwear
- ❑ 1 Long underwear/thermal bottom
- ❑ 1 Jeans or long pants
- ❑ 1 Quick-drying rain pants (FALL/SPRING) (optional)
- ❑ 1 INSULATED snow pants (Oct-May)

#### FEET

- ❑ Tennis shoes / Walking shoes
- ❑ Optional: Hiking boots (preferably waterproof)
- ❑ Snow boots (Oct-May)
- ❑ Winter socks (non-cotton) x 4 pairs

#### HEAD AND HANDS

- ❑ 1 Warm hat
- ❑ 1 Hat with a brim (sun hat)
- ❑ 1 Pair gloves or mittens (warm and water resistant)
- ❑ 1 Scarf or neck warmer (optional)