



## Youth Science Adventure Camps

### PERSONAL GEAR AND SUGGESTED CLOTHING LIST

We will be in the backcountry for almost all of your trip, so you will want to be prepared for unpredictable weather, especially rain, cold winds and maybe snow. It is a good idea to label your possessions. We have some gear items available to borrow – please call the Big Creek phone with any questions – we are glad to help you pack and plan for the trip!

- Sleeping bag
- Small towel or washcloth
- Toothpaste, toothbrush, and personal toiletry items
- Small flashlight and/or headlamp
- Raingear - waterproof, hooded jacket preferably with pants
- Clothing
  - Light insulating layer – FLEECE OR WOOL NOT COTTON
  - Jacket or warm insulating layer
  - Hats – sun hat/ball cap and warm hat
  - Mittens or gloves
  - Wool socks (at least 3 pairs of socks total)
  - Synthetic t-shirt or two
  - Long underwear - AVOID COTTON – bring lightweight synthetic
  - Lightweight pants
  - Shorts and swimsuits are an option, weather permitting
- Comfortable hiking boots – Be sure boots are well broken in as new boots make blisters!
- Change of shoes for wearing around camp/ getting wet
- Sunglasses, sunscreen, mosquito repellent
- Pencils, pens, small journal/sketchbook
- Water bottle - at least one 1 quart size with screw lid, VERY IMPORTANT
- Backpacking pack (pack with a frame) large enough (40-60 L is sufficient) to carry gear, clothes, and food (we have backpacks available if needed).
- A book to read during quiet time
- Personal cup (to eat out of/drink hot chocolate)

#### OPTIONAL

Special interest book - field guides – binoculars – camera – pocket knife/multitool – bear spray

#### DO NOT BRING

Chewing gum - ipod or radios - gameboys or other battery operated toys - buck knives -electric appliances such as hair dryers, curling irons, etc.

The Glacier Institute

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