



# MOUNTAIN TRAIL

## OUTDOOR SCHOOL

### Participant Packing List

Weather at the Mountain Trail Outdoor School can vary, even over the course of a day, so please bring clothes for cold and warm conditions. Bring clothes that can get dirty.

Please limit luggage to what you can carry. You will have to carry it several hundred yards to the cabin. Backpacks are better suited for our paths than rolling suitcases.

MTOS will provide bath towels, washcloths, sheets, pillows, blankets and soap, but guests may wish to bring an extra blanket or particular kind of soap.

#### Necessary Items

- a set of clothes for each day, plus a few extra clothes (At least one set of long pants should be included.)
- socks and underwear
- pajamas
- two pairs of closed-toed shoes: one pair that can get wet and one pair of sturdy walking/hiking shoes
- a sweater or jacket
- a raincoat or poncho
- a water bottle
- toiletries
- Cold Weather Additions: a heavy jacket, a stocking hat, gloves and long underwear

#### Optional Items

- writing or reading materials
- camera and film
- a flashlight
- a hat
- sunglasses
- a laundry bag
- a book bag

#### Items to Leave at Home

- cell phones
- electronic devices
- knives or weapons of any kind
- candy, food or gum
- hair dryers
- curling irons
- jewelry