



# Winter 3 to 5-Day Program

## Clothing and Essentials Checklist

### Essentials

- 1 pillow and pillowcase
- 1 fitted twin sheet
- 1 sleeping bag
- 1 towel
- 1 toiletry bag (shampoo, soap, toothbrush/toothpaste etc.)
- 1 flashlight with fresh batteries
- 1 water bottle
- daypack

### Clothing

- 2-3 pairs long pants or jeans
- 3-4 long sleeve shirts or t-shirts
- 1 waterproof snow pants/snow suit
- 2 undershirts for warmth
- winter jacket
- a warm layer (non-cotton preferred)
- warm hat and gloves
- socks for every day, plus another 2 pairs. (wool socks preferred)
- 1 pair underwear for every day
- 1 pair pajamas
- 1 pair sneakers
- 1 extra pair shoes/hiking boots

### Optional Items

- camera
- journal, pen, pencil
- insect repellent
- sunblock
- things that help you feel at home

### Please do NOT bring

- pets or animals
- electronics of any kind (other than watches and cameras)
- money or valuables
- knives, or weapons of any kind
- gum, candy, snacks

