

CLEM MILLER ENVIRONMENTAL EDUCATION CENTER PACKING LIST FOR PARTICIPANTS



ESSENTIAL CLOTHING

- Warm jacket
- Sweater or sweatshirt
- Windbreaker or rain jacket or poncho
- Long pants (2-3 pair)
- *optional*: Shorts
- T-shirts (2-3)
- Long-sleeve shirts (2)
- Underwear (1 per day)
- Socks (1 per day) heavy and mid-weight
- PJs or sweats for sleeping
- Shoes (2-3 pair)
 1. Sturdy lace-ups for hiking (sneakers or hiking shoes)
 2. Sturdy sandals with straps or water shoes
 3. Extra pair of shoes (often shoes get wet &/or muddy)
- Hats (2)
 1. Sun hat or visor with brim
 2. Beanie or equivalent for cold weather

ESSENTIAL NON-CLOTHES

- Prescription medication
- Day pack with the following:
 1. Water bottle/canteen (quart size)
 2. Sunscreen & Lip Balm (SPF 15 or higher)
 3. Inhaler and/or EpiPen, if required
- Towel (*optional*: washcloth)
- Toothbrush & toothpaste
- Personal toiletries as needed
- Warm sleeping bag (plus extra blanket during colder months)
- Flashlight or headlamp & extra batteries
- Reading book and/or puzzle book
- Pens and/or pencils

PARTICIPANT EQUIPMENT LIST - OPTIONAL

Pillow
Journal, sketchbook
Camera
Binoculars

ITEMS NOT ALLOWED AT THE CENTER

Candles (no fire or flame allowed except woodstove, barbeque, campfire pit)
Radio, Ipod, video games
Gum & candy
Pocket knife
Illegal drugs, alcohol, cigarettes

Loaner gear available – Please consult with your trip leader before the trip