

GEAR LIST FOR RESIDENTIAL PROGRAMS

Participants should bring sufficient and suitable clothing so they can participate fully in the outdoor program. Remember, the weather is unpredictable! Spring and fall weather at Bradford Woods can bring hot days and chilly, even cold, evenings. Hikes and regular activities will be conducted in any weather except the most severe. **PLEASE PACK ACCORDINGLY.** Student gear should be packed in a duffle bag, backpack, or old suitcase. All clothing and equipment, and whatever it is packed in, **SHOULD BE CLEARLY LABELLED WITH THE STUDENT'S NAME.** Please keep in mind that many activities involve some level of getting dirty, therefore consider bringing older clothes, not new ones. Shoes or boots should be broken in to prevent blisters.

- ___ 2 blankets and sheets, or 1 sleeping bag packed in a heavy duty trash bag
- ___ Pillow and pillow case, if desired
- ___ AT LEAST 2 changes of clothes and underwear (3-4 changes are needed for students participating in a 5-day program). In warmer weather, lightweight pants and long-sleeved shirts are **strongly recommended** for use on the trail for protection against insects and poison ivy!
- ___ Extra socks
- ___ 1 **warm** coat, or at least 2 layers of sweaters or sweatshirts
- ___ 1-2 pairs of walking shoes suitable for hiking and bad weather (make sure they are broken in very well)
- ___ 1 pair of **OLD** shoes for walking through water or mud
- ___ 1 **warm** hat
- ___ 1 pair **warm** gloves or mittens
- ___ 1 baseball-style cap for protection from sun
- ___ 1 **RAINCOAT or PONCHO** and 1 pair of waterproof boots
- ___ Garbage bags for packing wet and muddy clothing
- ___ Sleepwear
- ___ Towel, washcloth, soap, comb, toothbrush, toothpaste, and other personal articles
- ___ Chapstick or lip balm for protection from sun and wind
- ___ 1 drinking cup for cabin use
- ___ 1 water bottle for trail use, it is very important to stay hydrated! (small, plastic, screw-top soft drink containers are ideal)
- ___ Spiral notebook and pencils
- ___ Postcards or stationery (and stamps!) if you wish to encourage letter-writing
- ___ Daypack to carry small items on the trail
- ___ **NON-AEROSOL** insect repellent
- ___ **TEACHERS:** You will need to bring an alarm clock and a flashlight for use in each cabin.

Please **do not** bring the following: radios, electronic games, flashlights, candy, gum, fishing equipment, knives, electric hair dryers, or curling irons



Indiana University's Outdoor Center