

# Academy Packing List

## 1 or 2 Overnights w/ MTB Component



Dress for adventure! Show up every day wearing comfortable clothing and the following:



Sun hat / cap / glasses



Sturdy, comfortable shoes



Sunscreen & Insect Repellent



### Pack these items everyday (including overnights) in your "Day Pack"

Choose a comfortable backpack that can be carried on short rides / hikes:



A healthy lunch w/ snacks



Closed-toed water shoes  
(no flip flops)



Padded bike shorts (optional)



A small camp towel ★



Biking gloves (optional)



Re-usable water bottle ★



Warm fleece jacket



H2O pack  
(Best for biking)



Rain jacket



Bathing suit



Helmet (not optional)



Rain pants



Synthetic base layer shirt & pants  
(Great for warming up and sleeping in)



Bike (also not optional)

### Pack these items for your overnight in your "Overnight Bag"

Choose a medium sized duffel bag or backpack that your child can carry short distances.  
Packs should be large enough to accommodate your child's sleeping bag and pad.



Flashlight / Headlamp



1 pair of long pants



Small toiletries kit



Warm hat / gloves



Changes of underwear



Synthetic or down sleeping bag ★



1-2 T-shirt  
1 Long Sleeve



2-3 pair of synthetic socks



Sleeping pad ★



1 pair of shorts



Re-usable mess kit ★



Journal / Sketch pad / book

★ **These items available for purchase  
at the Academy welcome desk**

**Packing 101:** Light is Right! Keeping your kids mobile in the field greatly enhances their experience. Synthetic materials are best. They pack small, wick moisture, dry fast and are warmer. Cotton gets wet, is heavy and should be avoided if possible. Having all of the abovementioned items in your child's day pack every day prepares them for the ever-changing weather conditions of the San Juan region as well as allows them to participate in a variety of activities (boating, climbing, etc.) For MTB programs a hydration pack (i.e. Camelback) is ideal for allowing your child to carry water, lunch and extra layers on their daily rides but are not mandatory. Day packs can be modified to accomplish this. Many items can be left in the van while kids are riding. With nearly 1,000 kids, 20+ vehicles and over 100 programs this summer it is essential to LABEL EVERYTHING!



**Support Academy Unplugged...NO ELECTRONIC DEVICES!**

