

# Academy Packing List

## Backpack Packing List



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



Sun hat / cap / glasses



Sturdy, comfortable hiking shoes



Sunscreen & Insect Repellent

### Pack these items for NON OVERNIGHT days in your "Day Pack"



Choose a comfortable backpack that can be carried on short hikes with the following



A healthy lunch w/ snacks



Rain jacket



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



Re-usable water bottle ✦



Rain pants



Bathing suit



A small camp towel ✦



Warm fleece jacket



Water Shoes (no flip-flops)

### Pack these items for your Backpacking Overnight(s)

Choose a backpacking specific pack. For 2-3 overnights we recommend a 50-60 Liter pack. Packs should be fitted to your child and be able to carry (inside or outside) a sleeping bag and pad. Hikers should also arrive on trekking days wearing their sturdy and comfortable hiking boots / shoes.



Flashlight / Headlamp



2 or 3 T-shirts



Synthetic or down sleeping bag



Warm hat / gloves



1-2 pairs of shorts  
1-2 pair of pants



Sleeping pad



Sun hat / cap / glasses



Changes of underwear



Sunscreen & Insect Repellent



Warm fleece or synthetic top



Rain jacket



Re-usable mess kit ✦



Synthetic base layer shirt & pants



Rain pants



Small toiletries kit



3 or 4 pair (synthetic) socks



2 Re-usable water bottles



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.) Students will add to their packs on backpacking overnights some group gear / supplies (water filters, group food, etc). Groups will discuss packing techniques on their first day together. Shoes should be sturdy, comfortable and have been adequately "broken in" prior to the trip. 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!**

