

Pathfinder Bring-Along List

ESSENTIAL ITEMS FOR BOTH DAY AND OVERNIGHT PROGRAMS

- ◆ **Prescription Medications**—in original container with directions and dosage amount, given to your trip leader or chaperone
- ◆ **Closed Toe Shoes**—sneakers, running shoes, hiking boots, etc.
- ◆ **Shoes for Water Activities** (Canoeing, Cast Away, Estuary Explorer, Water World) Flip flops will not be permitted.
- ◆ **Towels**
- ◆ **Rainwear**
- ◆ **Reusable Water Bottle**
- ◆ **Bathing Suit**—if your group has water activities
- ◆ **Jacket**
- ◆ **Longer Shorts**—for tree climbing and high ropes
- ◆ **Insect Repellent**
- ◆ **Sunscreen**

ADDITIONAL ESSENTIAL ITEMS FOR OVERNIGHT PROGRAMS

- ◆ **Bedding**—pillow and sleeping bag OR pillow and linens for a single bed
- ◆ **Toiletries**—shampoo, conditioner, soap, toothbrush and toothpaste, etc.
- ◆ **Clothing for Each Day**—including pajamas, underwear, socks, etc.



OPTIONAL ITEMS

- ◆ **Flashlight**
- ◆ **Camera**
- ◆ **Sunglasses**
- ◆ **Hat**
- ◆ **Cell phones**—will be held by a chaperone and used only during designed times
- ◆ **Money**—only if required by your school/group or for a Pathfinder T-shirt (\$10)

Please leave your nice, expensive things at home because they could be lost or damaged. Pathfinder is not responsible for lost or damaged items.

Pack for casual comfort in the outdoors but understand that we will be in a natural environment. Ants, mosquitoes and other bugs are to be expected.