

REQUIRED CLOTHING AND EQUIPMENT

This list (also available in Spanish) is for all Headlands Institute participants. While going through the list, keep in mind the number of days you will be at our campus. ***Check off item once it's packed.***

REQUIRED FOR HIKING DAY

- Lunch from home **on the first day only.**
- Day pack — large enough for lunch, jacket, rain gear, journal and water bottle.
- Water Bottle — unbreakable, leak-proof one quart (or more) plastic bottle without a straw. Drinking water bottles (e.g. Calistoga, Evian, etc.) are fine.
- Rain gear — complete rain jacket and pants or poncho (coated nylon is best).
- Sunscreen — SPF 30 or higher.
- Chapstick / lip balm with SPF.
- Hats — 1 for sun protection, 1 for warmth.
- Handkerchief — to be used as a lunch place mat.
- Foot gear — sturdy, ankle supporting and preferably waterproof for hiking.
- Jacket — stuffable nylon or thick fleece is a good choice.
- Pen or pencil.
- Personal medications, as needed (coordinate with teacher).

REQUIRED FOR OVERNIGHT (after 4p.m.)

- Foot gear — in addition to the hiking pair, bring a comfortable pair to wear on campus.
- Warm sleeping bag and pillow (sheets and thick blankets are fine).
- Long pants — bring at least one extra pair.
- Shirts — extra as needed, long sleeve are best to accommodate the changes in weather.
- Warm layers.
- Socks and underwear— one pair per day plus one extra (a few thick hiking socks if possible).
- Pajamas or equivalent (sweats, etc.).
- Toiletries — comb or brush, toothbrush, toothpaste, soap, shampoo, etc.
- Bath towel and washcloth.
- Sandals to wear in the shower.
- Personal medications, as needed (coordinate with teacher).

OPTIONAL

- A twin-size fitted sheet (**highly recommended**).
- Gloves or mittens — one pair.
- Sunglasses.
- Camera.
- Alarm clock (**adults only**).
- Flash light (**adults only**).

DO NOT BRING

- Candy, sodas or extra food of any kind (except for lunch on the first day).
- Electrical or battery powered equipment (video games, CD players, iPods, etc.)