Three Season Overnight Packing Lis

<u>Ate on Space</u> Please limit your **b**longings to a me**id**um -

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Three Season Overnight Packing List Spring – Summer – Fall

Cabin wear and personal effects

Sleepwear/loungewear Shower shoes Pillow – optional; each bunk has a pillow Blanket - optional; each linen pack comes with a pillowcase, top sheet, bottom sheet, light blanket, and towel

<u>Toiletri</u>es

There is shampoo/body wash in each shower. We suggest that makeup be waterproof.

Toothbrush/paste Menstrual products Personal needs- contact solution, comb/brush, deodorant, etc.

Day Pack

Day pack large enough for your personal effects Sunscreen and lip balm Glasses/sunglasses Bug spray 32 fl. Oz. water bottle (at least one) Snacks Medications: Epinephrin if you have a known life-threatening allergen Rescue Inhaler if you have asthma Regular medications you take Light First Aid Kit- Band-Aids, moleskin, aloe vera gel, etc. Headlamp or Small Flashlight

Optional but recommended

Camera Binoculars GPS Books Download Plant and Animal ID App- Seek, iTrack, iNaturalist