



**The  
Overlake School**  
EST. 1967

### **Packing List for Field Studies**

When packing, please understand that this list was created with a strong understanding of all the students' activities. Please do not opt out of bringing something from this list. We know that everything on this list is necessary for an enjoyable week.

**PLEASE PUT YOUR NAME ON EVERYTHING IN MARKER!!**

- Sleeping Bag & pillow
- Duffel Bag or Backpack to pack in
- Water bottle
- 1 pair of closed-toe shoes
- 1 pair of water shoes (for whitewater rafting)
- Swimsuit (for whitewater rafting)
- Two pairs of shorts
- One pair pants
- T-shirts (One long sleeve will help with mosquitos)
- One fleece jacket or wool sweater
- Raincoat and rain pants
- Underwear and Socks (at least 3 pairs of socks, one pair non-cotton)
- Flashlight or headlamp and spare batteries
- Towel for shower
- Toothbrush, toothpaste, soap, deodorant
- Comb/ brush
- Baseball hat/cap
- Sunglasses
- Sunscreen
- Mosquito repellent

**\*Daypack will be provided!**