

Camping Gear List

Overlake will provide tents, cooking stoves and pots.

Students need to bring the following:

- small backpack for hiking (empty school backpack)
- a pair of medium weight hiking boots
- sleeping bag - synthetic
- sleeping pad (i.e. Thermarest)
- 2 waterbottles, Nalgene
- plastic bowl (big enough to hold a dinner-Tupperware with a lid is great)
- mug
- spoon
- sandals – i.e. Chaco's or Tevas or old pair of tennis shoes
- long underwear top and bottoms (non-cotton)
- 1 warm fleece jacket or wool sweater
- 1 pair of warm pants (fleece/wool)
- 1 light wind/rain coat and rain pants
- 2 T-shirts
- 1 pair shorts (non-cotton)
- 2 pair warm socks (non-cotton)
- underwear
- toiletries (toothbrush, glasses, contacts, sunscreen, etc.)
- lip balm w/SPF
- sun-hat and waterproof sunscreen
- wool/fleece hat and gloves/mittens
- sunglasses
- flashlight or headlamp and spare batteries
- camera (optional)
- Large duffle bag to carry all these items

- notebook for Journal, pen

Please only pack what is on the list.

Please, no electronic devices, phones, iPod's, etc.