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, Nalgenes
__  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.