

THE PACKING LIST

A sleeping bag or bed linen and a blanket- you will be in cottages with heat, but the mountain can be cool.

A Pillow or stuffed animal to rest your head on

Medical Update Form

Sweater, sweatshirt, or jacket

Sneakers or Tennis shoes

An extra pair of sturdy shoes (NO FLIP FLOPS- this is a *steep* area)

Raincoat, umbrella or poncho- (Jobies seem to always get rain)

2-3 pairs of jeans or sweatpants

Your own under clothing and socks (somethings we don't share)

Flashlight with good batteries (the stars are not always that bright)

Soap, shampoo, towels, toothbrush, toothpaste (we do want you clean and there is indoor plumbing)

The Do Not Brings

Ritual

Sandals

Radio, iPod, CD player, etc.

Fine jewelry

Food items- nature's creatures may help you consume them

Perfumes and hair sprays- the bugs like them as much as you do