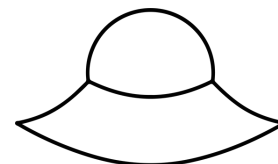


SumMAT Camp 4-Day Expedition Packing List



Every Day

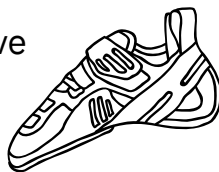
- A backpack for each day, plus a duffel bag with the following:
- Copy of Health Insurance Card

Clothes

- 3 - 4 pairs of socks & underwear
- 1 - 2 pairs of shorts
- 2 t-shirts
- 1 pair of pants
- 1 pair synthetic long underwear
- 1 warm pullover (fleece or wool)
- Rain jacket (+ rain pants)

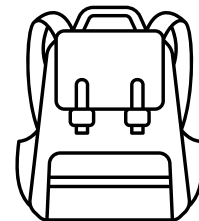
Outdoor Climbing Day & Bolton Adventure Center

- Long pants (to protect legs on the rock)
- Sturdy closed-toe shoes
- Extra bug spray
- Personal climbing gear (if you have it/want to bring it)



Water Gear

- Swimsuit
- Towel
- Water shoes (NO OPEN TOES)*



Caving Day

Clothes you don't mind getting VERY dirty:

- Long sleeves (sweatshirt or fleece)
- Pants
- Gardening gloves (or similar, optional for comfort)
- Warm hat & gloves
- A garbage bag to put muddy clothes in.
- Closed toe shoes

*Water shoes (NO OPEN TOES - We love Keen/Teva/Crocs, with closed toes)

**If you wear glasses, please bring a glasses strap to wear during water activities

Additional gear to bring for your activity of the day:

Personal Items

- Two 1-Quart Water Bottles
- Mess kit (bowl, spoon/fork, mug)
- Tupperware for lunch
- Headlamp w/ extra batteries
- Sleeping Bag (limited rentals available)
- Sleeping Pad (limited rentals available)
- Personal toiletries



Other Essentials

- Insect repellent
- Sunscreen
- Sunglasses**
- Hat
- Camp chair (optional)

