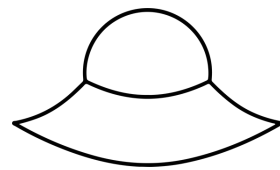
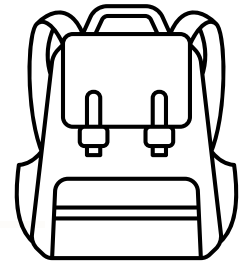


SumMAT Camp 7-Day Expedition Packing List



Every Day

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



Clothes

- 4 pairs of socks & underwear
- 2 pairs of shorts
- 3 t-shirts
- 1 pair of pants
- 1 pair synthetic long underwear (top & bottom)
- 1-2 warm pullovers (fleece or wool)
- Rain jacket (+ rain pants)
- Warm hat & gloves

Water Gear

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

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 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)

