



packing list

ESSENTIAL ITEMS FOR BOTH DAY AND OVERNIGHT PROGRAMS

- ◆ **Prescription Medications**—in original container with directions and dosage amount, given to your trip leader or chaperone
- ◆ **Closed Toe Shoes**—sneakers, running shoes, hiking boots, etc.
- ◆ **Water Shoes**—They must have a strap on the back/secure to the foot. Flip flops will not be permitted. (For classes such as, Alafia Adventure, Canoeing, Cast Away, Estuary Explorer, Water World)
- ◆ **Towels**
- ◆ **Rainjacket**
- ◆ **Reusable Water Bottle**
- ◆ **Bathing Suit**—if your group has water activities or pool time
- ◆ **Jacket**
- ◆ **Long-sleeved Shirts**
- ◆ **Long Pants**
- ◆ **Longer Shorts**—for climbing activities
- ◆ **EPA-registered Insect Repellent**
- ◆ **Sunscreen**

ADDITIONAL ESSENTIAL ITEMS FOR OVERNIGHT PROGRAMS

- ◆ **Bedding**—pillow and sleeping bag OR pillow and linens for a single bed
- ◆ **Toiletries**—shampoo, conditioner, soap, toothbrush and toothpaste, etc.
- ◆ **Clothing for Each Day**—including pajamas, underwear, socks, etc.

OPTIONAL ITEMS

- ◆ **Camera**
- ◆ **Sunglasses**
- ◆ **Hat**
- ◆ **Individual hand sanitizer**
- ◆ **Cell phones**—will be held by a chaperone and used only during designated times
- ◆ **Money**—only if required by your school/group

Please leave your nice, expensive things at home because they could be lost or damaged. Pathfinder is not responsible for lost or damaged items.

Pack for casual comfort in the outdoors but understand that we will be in a natural environment. Ants, mosquitoes and other bugs are to be expected.

Founded in 1993, Pathfinder is a non-profit offering experiential educational programs that develop leadership, increase self-confidence, and enhance communication through trust and team-building activities. Participants work together to identify and achieve common goals and in the process, gain new skills in problem-solving, resolving conflict, listening, observing, and working effectively in a group.