Please limit your luggage to one mid-size duffel bag or suitcase and your day backpack as space is limited in the vans.

What you need to bring: (mandatory items)
- Sturdy backpack suitable for a day hike
- Sleeping bag and pillow case*
- Rain/wind pants & jacket
- T-shirt(s)
- Shorts/pants
- Medium weight shirt
- Fleece/wool jacket or sweater
- Fleece/wool hat
- Fleece/wool gloves or mittens
- Wool or synthetic socks
- Camp shoes- sneakers, tennis shoes
- Sturdy hiking boots/shoes
- Sun hat w/brim or visor (baseball hat)
- Sunscreen
- Lip balm
- Headlamp or flashlight
- Personal toiletries
- Towel and wash cloth
- Sunglasses
- Two (2) one-quart water bottles (essential)
- Personal journal and pen/pencil

Optional items:
- Camera
- Personal reading book
- Music device
- Spending money for snacks/souvenirs
- Sandals

* An optional linen package (sheets, blanket, and towels) is available at Pingree Park for an additional $5. Please request this at the time of your program reservation.