



Summer Packing List

DO NOT RETURN THIS DOCUMENT, IT IS FOR YOU TO KEEP

Please ensure that you bring all the below items. If you have questions about the items on the list, please email program@thewoodsproject.org. Pack efficiently to fit everything in one bag and a daypack/backpack. You will have an opportunity at camp to wash clothes once during the trip. Most daypacks/backpacks can be carried on the plane as carry-on luggage at no cost. Baggage CANNOT weigh more than 50 pounds per bag or you will have an extra charge. No liquids are carried in the daypack/backpack. Please review an example of guidelines at: <<[Flight_Baggage_Guidelines](#)>> if you have any questions regarding the airline's baggage policies.

Comfort not Style - Clothes for the trip should be comfortable - not stylish. Please do NOT bring many clothes that are black, as these can increase the likelihood of heat stroke or heat exhaustion. Note that when a specific type of item is listed, it is listed for safety and comfort reasons. Our camps do NOT provide towels - you will need to bring them.

What to bring (in addition to what is worn on the plane):

- 7 sets of underwear (remember that we will wash once in the middle of the trip.)
- 2 pairs of long pants—NOT jeans as jeans do not dry easily and are heavy when wet. Lightweight synthetic fabrics (nylon, polyester, microfiber) are preferable. NO sweatpants – fleece is OK! (You can wear jeans on plane.)
- 2 - 3 pairs of shorts, again nylon, polyester or microfiber are great because they wash and dry easily. (NOT baggy)
- A warm hat/woolen cap for hiking and sleeping outdoors
- Baseball cap or other sun hat. (NOT black!)
- A fleece or other light weight water resistant or water proof jacket - NOT cotton. It gets cold at night.
- Pull-over sweater (preferably NOT a sweatshirt) - wool or fleece material is better for cooler weather
- 3 or more t-shirts (preferably synthetic and quick drying)
- 2 - 3 long-sleeved shirts for sun protection and/or because of cooler weather (This could be a flannel or a nylon or polyester moisture wicking shirt)
- WARM sleeping clothes—temperature can be in the 40's at night where the students will be staying
- Bathing Suit AND Towel
- Camp shoes such as Texas or crocs -- preferably with straps around the ankles. Flip flops do not work as camp shoes.
- One GOOD pair of tennis shoes/sneakers. Do not bring your brand-new expensive shoes; they will get dirty and wet – but do not bring sneakers so old that they will fall apart on a 35-mile hike! Email any questions before you go buy any shoes for this trip. Hiking boots are wonderful for backpacking if you have them. Do not buy hunting or work boots. They will not work.
- 4 - 7 pairs of socks that come up ABOVE the ankle. Athletic socks or hiking socks are great. (Do not bring footies—they will cause blisters)
- Toiletries – toothbrush, toothpaste, shampoo, conditioner (travel-size versions are good and lighter to pack. Do not bring large sizes of every toiletry. Bring just enough for 2 weeks.)
- Medicine – for entire two weeks (examples: inhaler, Epi-pen, prescription pills, vitamins/supplements you take on a regular basis in Houston)
- Chapstick (with SPF protection)
- Daypack for day hiking – school backpack is great.
- 1- or 2-liter water bottle – metal, Nalgene plastic, or other sturdy one that can survive day hikes.
- Bandana or cotton scarf to use as a napkin/plate for day hikes

Do NOT bring: hair dryers, curling or flat irons, other electric appliances – you can't use them, so save the weight! Cell phone and camera are okay to bring. Cell phones will be collected when we reach camp. Do not count on using your cell phone as a camera. This will not be allowed. **No liquids over 3 oz. in your carry-on backpack.**

Questions? Email program@thewoodsproject.org with any specific questions you may have.