

## Clothing Packing List (Summer)

New Vision Wilderness provides tents, backpacks, sleeping bags/pads, and group gear. It is important that all students get an early start on putting together the appropriate clothing articles for their adventure.

### **For your backpacking trip you will need:**

- 4 pair of hiking socks
- 1 pair sturdy hiking boots (broken in)
- 1 pair light weight/ nylon pants
- 1 sturdy pair of pants
- 3-4 pairs underwear
- 1 swimming suit
- 3 t-shirts (synthetic fibers preferred)
- 2 pair shorts
- 1 long sleeve t-shirt
- 1 sweatshirt/fleece top
- 1 waterproof rain jacket and pant
- 1 hat/bandana
- 1 pair sunglasses
- flash light/headlamp
- sunscreen, bug repellent
- toiletries
- 1-2 water bottles

### **Optional:**

- camera
- book
- journal
- card games

### **Don't bring:**

- CD/mp3 players/video games/cell phones
- tobacco/alcohol/drugs
- lighters/matches
- knives/weapons

New Vision Wilderness is an adventure program! Come ready to be challenged and excited to work with and meet new people. New Vision Wilderness backpacking trips cover between 5-10 miles a day. ***So get outside and exercise prior to trip departure!***

