

Tremont Packing List

This is an outdoor experience, so be prepared to handle mud, rain, heat during the day, and cold at night. Old clothes that are comfortable, durable, and washable are recommended. Make sure everything has been labeled. Bring three (3) pieces of luggage only-suitcase or duffle bag, bedding bag, and a backpack.

<p>Suitcase or Duffle bag:</p> <ul style="list-style-type: none">Plastic bag (5 sets):UnderwearThick socks (several extra pairs)Long pants or jeansShort sleeve shirtsLong sleeve shirtsPajamas <p>Toiletry bag:</p> <ul style="list-style-type: none">Soap (in a baggie)Washcloth (in a baggie)ShampooChapstickBrush or combToothpasteToothbrushDeodorantExtra glasses and/or contacts <p>Additional clothes:</p> <ul style="list-style-type: none">2 warm sweatshirts/fleeceWarm jacketBaseball capGloves/hat <p>Shoes:</p> <ul style="list-style-type: none">Broken in hiking shoes (do not have to be boots)Sturdy tennis shoesShower shoes (flip flops)	<p>Backpack:</p> <ul style="list-style-type: none">Tremont binderPencil pouch with materialsFlashlight with fresh batteriesOne 32 oz water bottleRain gear-poncho or rain suitSmall tissue packageTravel size hand sanitizer <p>Bedding bag:</p> <ul style="list-style-type: none">Sleeping bag or blanketFitted sheet (Twin)Pillow2 bath towels <p>Optional items:</p> <ul style="list-style-type: none">Disposable camera (not digital)Plastic bag for wet itemsPaperback book to read <p>DO NOT BRING:</p> <ul style="list-style-type: none">MoneyElectronic devicesSnacks, gum, candyHair dryerKnives/weapons
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