

Eco Week Equipment List (*Keep at home*)

Pingree Park is at an elevation of 9,000 feet. Winter comes early to the high country, and temperatures and weather patterns fluctuate dramatically. Students should be prepared for winter temperatures, snow, and rain. Please make sure they have all the necessary gear for their own health and enjoyment.

- Sack lunch with drink for the first day
- Sleeping bag, or bedroll with a sheet and **3** blankets
- Pillowcase
- Warm pajamas
- Shoes: sturdy waterproof boots or 2 pairs of tennis-type shoes
- 3 pairs of socks (synthetic or wool provide great insulation in wet, cold weather)
- 2 pair of jeans or heavy trousers
- 1 warm jacket
- 2 warm shirts
- 2 sets of underwear
- Handkerchiefs/bandanas
- Toiletry kit: comb, soap in a box, 1 bath towel, 1 wash cloth, toothbrush & paste, deodorant
- Raingear: jacket and pants are best, ponchos will work if necessary
- 1 piece of luggage: duffel bag, suitcase, or large backpack
- Book
- Pencils/pen
- Warm hat
- 2-quart size water bottles: make sure they are **leak-proof**
- Lip balm
- Flashlight

Optional

- Shorts
- Sunglasses
- Deck of cards
- Camera
- Binoculars
- Extra towel
- Field guides

PLEASE DO NOT BRING:

- Knives
- Matches
- Cell phones, iPod's, iPads, Walkman, or other electronics
- Junk Food, cookies, candy, gum, or surplus snacks
- Non-Prepackaged Trail Mix

