

Personal Frontcountry Gear List

- Remember as you pack that you will need to save room for your teaching gear, a portion of any group gear, lunch, etc.
- Pack all these items in ziploc bags to keep them dry and clean (2 gal bags are great). Bring a couple of extra ziplocs and heavy-duty trash bags.
- Feel free to bring your own tents/hammocks/sleep systems. Or prepare to hike to the Nook if you selected that bunkhouse.
- LL will provide maps and compass, water purification options, trowel kits, first aid kit, and a group tarp.

- _____ clothes suitable for the time of year and our planned itinerary
- _____ sun screen, SPF 15+.
- _____ a hat to keep the sun off or a hat to keep the heat in depending upon time of year.
- _____ a set of synthetic long underwear (poly pro, thermax, polarmax).
- _____ 2 one-quart water bottles - empty gatorade bottles or Nalgene bottles are good.
- _____ a rain jacket and rain pants or poncho.
- _____ an insulating layer jacket, compact and synthetic (fleece is ideal).
- _____ a pair of boots or all-terrain shoes for hiking that have good tread and offer support.
- _____ a pair of comfortable closed-toed shoes (**no sandals**) to wear around campus, and that can get wet.
- _____ a towel, and your personal hygiene stuff (tooth brush, paste, comb, etc).
- _____ a plastic mug, bowl, and spoon, stoves and cooking gear. We provide a microwave and refrigerator.
- _____ a foam pad or small air mattress for sleeping (thermarest, ridgerest, ensolite pad) if tenting out.
- _____ a synthetic sleeping bag with a rating appropriate for the time of year. It should come in a stuff sack lined with a plastic garbage bag. Bring a twin fitted sheet if you are staying in the bunkhouse.
- _____ a frame pack with hip belt (internal or external frame) lined with a plastic bag.
- _____ a flash light or headlamp with extra batteries.
- _____ a camera/notebook/pen or pencil.
- _____ any medications, inhaler, bee sting kit, or other personal items that you would normally have with you (we'll provide you with clean, dry storage).

***If you have any questions regarding appropriate clothing and equipment please give us a call at (828) 293-5384 or e-mail: main@landmarklearning.org