

Smoky Mountains Adventure: Packing List

- A sleeping bag, single bed sheets, pillow
- 2 towels and washcloths
- Soap, comb/brush, toothbrush, toothpaste, etc.
- Several pairs of pants
- 1 pair of shorts during warm weather
- 1 shirt per day and at least one sweater/fleece
- A warm coat, gloves and hat (evenings can get cool)
- At least 1 pair of socks per day
- Underwear for each day
- 1 pair of sneakers
- 1 pair of old shoes for getting wet
- Quality rain gear is a must!—raincoat or poncho
- Lip Balm
- Sun Screen
- 1 pair of comfortable sturdy shoes or boots for hiking. All shoes should be broken in - nothing brand new!
- A notebook and pencils (journal)
- 1 day pack/knapsack. This pack will be used daily. Everyone will carry their own lunches on all day hikes. Everyone will also carry paper/pencils, extra socks, jacket, rain gear, water, etc. We prefer backpacks with padded straps (not rope).
- 1 canteen or water bottle with tight fitting lids, at least 25 oz capacity (a re-used water container works well).

Optional items:

- Bathing suit (for showering)
- Camera
- Stationery and stamps
- Magnifying glass
- Compass
- Over the door hooks (great for hanging wet towels on bunk)
- Slippers or flip-flops for use in dorm
- Flashlight
- Bug Spray
- Snacks, food, gum or candy (this attracts insects and other animals to buildings). If you choose to send your child with any snacks they need to be put in a Ziploc with their name on it. This will be locked on the bus for the time we are at Tremont.
- Hand held games and iPods need to be stored in a small bag with their name on it. Make sure to send the charges! They will also be locked up on the bus for our time at Tremont.

What NOT to bring:

- “Good” clothes
- Radios, hair dryers, curling irons or other electrical equipment
- Knives of any kind
- Expensive belongings