



EXPLORATIONS ACADEMY

FRONT COUNTRY (“CAR CAMPING”) EQUIPMENT LIST

Please contact your student’s advisor with any questions about gear.

Students must bring:

Lunch for Day 1, including a sturdy, 1-liter water bottle, filled
Healthy snack (GORP, trail mix, granola bars, etc.)

Clothing

Hiking Clothes – no cotton

1 pair of wool or polypro warm socks
Wool, silk, or synthetic long underwear (top)
Wool, silk, or synthetic long underwear (bottom)
Hat & gloves
Raincoat & rain-pants (not plastic)
Wool or fleece pants
Wool or fleece jacket

Regular Clothes – may be cotton

Changes of underwear
Shirts, pants, shorts

Personal Hygiene

Toothbrush & toothpaste
Comb/hairbrush
Glasses/contact lenses/saline solution, etc

Floss
Sunscreen
Tampons/pads (if applicable)

Camping Gear

Duffle bag or backpack lined with plastic
Middleweight sleeping bag (not cotton)
Headlamp or flashlight (with new batteries)
Lightweight cup, bowl & spoon
Work gloves (labeled with student’s name)

Sleeping pad (closed cell or inflatable)
3’ x 6’ plastic ground sheet
Small daypack for hiking
Wristwatch with alarm
Hiking boots or trail runners

Optional Gear Items

Journal & pen/colored pencils
Camera
Binoculars (compact & lightweight)

Playing cards

Insect repellent/hand sanitizer

WE WILL PROVIDE:

- All meals (except lunch for Day 1)
- Stoves/fuel
- Pots, pans, and all cooking utensils

- Tarps/tents
- Maps & compasses
- First aid kits

DO NOT BRING:

- Tobacco, alcohol, or non-prescription drugs
- Expensive or fragile equipment
- Junk food (candy, gum, soft drinks, etc.)
- Weapons

- Phones, music players, electronic games, etc
- Makeup, scented deodorant, perfume or jewelry