Packing List: Expedition

-All items are REQUIRED unless otherwise noted-

**Packed Qty Item**

**Footwear**

- 1x Boots – over-the-ankle, sturdy
- 2-4 Socks – wool or synthetic only
- 1x Camp/water shoes – close-toed only

**Clothing**

- 3-6 Underwear – cotton is okay
- 1-2 Sports bras — no cotton!
- 2x T-shirts/tank tops – no cotton!
- 1x Athletic short – no cotton!
- 1x Long underwear top – no cotton!
- 1x Long underwear bottom – no cotton!
- 1x Insulating shirt/jacket – synthetic/wool
- 1x Insulating hat (beanie) – synthetic/wool
- 1x Gloves/mittens – lightweight, synthetic/wool
- 1x Rain jacket – lightweight, waterproof
- 1x Rain pant – lightweight, waterproof

**Additional Items**

- 1x Water bottle – 1 Liter
- 1x Bowl (recommend Tupperware w/ lid)
- 1x Spoon/fork
- 1x Hand sanitizer – travel size
- 1x Headlamp + 2 sets of batteries
- 1x Lighter
- 1x Parachute cord – 20 feet
- 1x Insect repellant
- 1x Brimmed hat – baseball cap OK
- 1x Sunglasses – and a sturdy case!
- 1x Sunscreen – SPF 25+
- 1x Lip balm
- 1x Journal & writing utensils
- 1x LandSea Participant Handbook
- 4x Large plastic trash bags
- 5+ Ziploc bags – gallon size
- 1x Extra set of clean clothes – for the bus ride back to Kalamazoo

**Personal Hygiene/Medication**

- Toothbrush/toothpaste – travel size
- Glasses and/or contacts
- Backup pair of glasses and/or contacts
- Menstrual products – enough for 2 cycles

**Items to Keep With You on Bus**

- $ for approx. 2 light meals/snacks on the bus
- Official photo ID – e.g. driver’s license, passport, or state-issued identification card
- Prescription medications – be sure to indicate on pre-participant physical and medical history forms

**Equipment**

- Sleeping bag & stuff sack – mummy-style, minimum 15-20°F rating, and compressible
- Sleeping pad – closed-cell foam or inflatable
- Backpack – 60L/3,500 cu. in. minimum. Internal frame packs are highly preferred. External frame packs in good condition will also be acceptable.

**Recommended Items**

- Nylon hiking pant
- Insulated pant – fleece or synthetic fill
- Bandana
- Light sock liners
- Bug net
- Towel – fast-drying is best
- Watch
- Carabiners – non-climbing, to attach items to pack
- Knife – folding pocket knife only
- Camera
- Playing cards
- Nail clippers
- Lotion – travel size
- Personal First-Aid supplies (Band-Aids, moleskin, OTC painkillers, etc.)

**Prohibited Items**

- Illegal drugs
- Alcohol
- Tobacco or Nicotine products
- Rx Meds w/out a Prescription
- Sheath knives
- Electronic items (watch & camera OK)

◆These items can be checked-out from the LandSea program and are covered by your LandSea tuition. If you would like to utilize one of these items please indicate on your LandSea Participant Application or contact the office to ensure that these are reserved for you on Check-in Day.