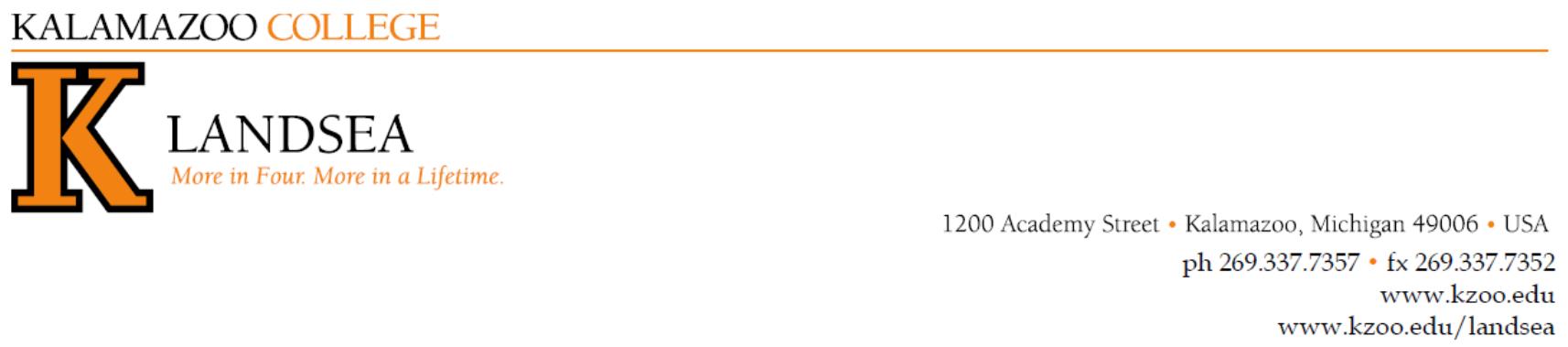
**Packing List Expedition**

**-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** – closed-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 with 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 *two* cycles
  + Note that if you plan to use a menstrual cup on this trip, you should be acquainted with using it prior to leaving for LandSea.

*Equipment*

* ♦Sleeping bag w/ stuff sack
* ♦Sleeping pad
* ♦Backpacking backpack

*♦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.*

*Items to Keep With You on Bus*

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

*Recommended Items*

**Nylon hiking pant,** or synthetic (no cotton!) leggings

**Insulated pant** – fleece or synthetic fill

**Bandana**

**Light sock liners**

**Bug net**

**Swim suit**

**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, over the counter painkillers, etc.)

***Prohibited Items***

\*Illegal drugs \*Alcohol \*Tobacco or Nicotine products \*Rx meds w/out a prescription \*sheath knives \*Electronic items (watch & camera OK)