LandSea Leader Packing List: ADK

-All items are required unless otherwise noted-

## Footwear

* Hiking boots\* – *over the ankle, sturdy*
* 2-4 Pairs of sock – *wool or synthetic only*
* Camp/water shoes – *thick sole, closed toe, and heel strap required*
* Gym shoe/sneaker (recommended) – *closed-toed, sturdy shoe you can be active in*
* Sandal (optional) – *for driving days or town, won’t be allowed for swimming/on trail*

## Clothing

* 7-9 Underwear – *cotton is okay*
* 2-3 Sports bras – *no cotton!*
* 4-5 T-shirts/tank tops – *no cotton!*
* 2-3 Athletic short – *no cotton!*
* Long underwear, long sleeve top\* *– no cotton!*
* Long underwear pant or legging\* – *no cotton!*
* Insulating shirt/jacket – *synthetic/wool*
* Insulating hat (beanie)\* – *synthetic/wool*
* Gloves/mittens\* – *lightweight, synthetic/wool*
* Rain jacket\* – *lightweight, waterPROOF*
* Rain pant\* – *lightweight, waterPROOF*
* Brimmed hat

## Personal Hygiene/Medication

* Toothbrush/toothpaste *– for camp & trail (travel size set recommended for trail)*
* Glasses and/or contacts
* Backup pair of glasses and/or contacts
* Menstrual products – *enough for 2 cycles, even if you’re not scheduled for it*
* Deodorant
* Shampoo/conditioner/body wash or soap/lotion
* Personal prescription medications
* Epi pen and/or inhaler if you have one personally prescribed to you

## Equipment

* Sleeping bag & stuff sack\* – *mummy style, minimum 15-20° rating, compressible*
* Sleeping pad\* *– closed cell foam pad or inflatable pad*
* Backpack\* - *at least* *60 Liters, Internal frame packs are highly preferred*
* Watch with working alarm
* 2 reusable water bottles – *preferably that add up to at least 2 liters*
* Bowl/Plate\* – *a Tupperware container with lid works great for this!*
* Spoon/Fork – *you can grab these out of your silverware drawer at home!*
* Hand sanitizer – *travel-size*
* Headlamp and extra batteries\*
* Lighter
* Insect repellant
* Sunscreen – *SPF 25+*
* Sunglasses – *and a sturdy case*
* Chapstick
* Parachute cord – *about 20 feet*
* Towel – *consider 1 for swimming/canoeing and 1 for showering*

## Additional Items

* Journal and writing utensil
* LandSea Leader Manual (spiral-bound)
* Extra set of clean, street clothes and comfy clothes *– optional, for training time, travel days, and town*
* Large plastic trash bags *(1-2)*
* Ziploc bags – *gallon size, 5+*
* Official photo ID – *e.g. driver’s license, passport, or state-issued identification card*

## Optional Items

* Day pack *- for day hikes and carrying belongings around Massawepie and town*
* Nylon hiking pant
* Insulated pant
* Bandana and/or Buff
* Light sock liners
* Bug net
* Shower shoes
* Knife – *folding pocket knife only*
* Camera
* Book, playing cards/games, friendship bracelet string, headphones, phone charger, etc. – *for driving days & during TLT/program*
* Nail clippers, tweezers, etc.
* Personal first aid supplies – band-aids, moleskin, OTC painkillers, etc. – *we’ll provide these in first aid kits too, but pack some if you want extra*
* Camp chair – *Ground style (Crazy Creek) NOT a large folding chair*
* Pillow
* Laundry bag – *detergent* *will be provided*
* Swimsuit
* Money for additional snacks on travel/town days

## Prohibited Items

Illegal drugs, Alcohol, Tobacco, nicotine, or marijuana products, Rx meds without a prescription, Sheath knives

\*These items can be checked out from the LandSea program for no additional cost. If you would like to utilize any of these items, please be sure to fill out the Gear Rental Reservation Form by June 1.

Note: There will be a small storage space available for leaders to leave items at Massawepie while on trail.