LandSea Leader Packing List: Kalamazoo

-All items are required unless otherwise noted-

## Footwear

* Closed toe sturdy shoe\* – *i.e. hiking boot or running shoe*
* 2-4 Pairs of socks
* Camp/water shoes – *thick sole, closed toe, and heel strap required (ex. Keens, crocs, etc.)*
* Sandal (optional) – *for walking around camp or during TLT*

## Clothing

* 4-7 Underwear – *cotton is okay*
* 2-3 Sports bras
* 3 T-shirts/tank tops – *at least 1 that is not cotton*
* 2 Athletic short – *recommended not cotton*
* Long underwear, long sleeve top\* *– not cotton!*
* Long underwear pant or legging\* – *not cotton!*
* Insulating shirt/jacket\* – *synthetic/wool*
* Insulating hat (beanie)\* – *synthetic/wool*
* Gloves/mittens\* – *lightweight, synthetic/wool*
* Rain jacket\* – *lightweight, waterPROOF*
* Brimmed hat
* Swimsuit

## Personal Hygiene/Medication

* Toothbrush/toothpaste
* 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/soap, lotion, facewash, etc.
* 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*
* Day-size backpack – *sturdy, able to get dirty, at least a 15-20 Liter capacity*
* 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
* Towel – *consider 1 for swimming/canoeing and 1 for showering*

## Additional Items

* Journal and writing utensil
* LandSea Leader Manual (spiral-bound) – *you’ll receive this in June*
* Insurance card
* Official photo ID – *e.g. driver’s license, passport, or state-issued identification card*

## Optional Items

* Extra sets of comfy clothes *– optional, for TLT or end of program*
* Bandana and/or Buff
* Head Bug net
* Shower shoes - *showers at Pretty Lake are tiled floors, similar to what you find in K’s community bathrooms*
* Knife – *folding pocket knife only, no fixed blades*
* Camera
* Book, playing cards/games, friendship bracelet string, headphones, phone charger, etc.
* 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*
* Parachute cord – *about 20 feet*
* Pillow
* Laundry bag – *laundry will not be available on-site*
* Extra snacks, candy, your favorite kind of tea/coffee, etc.
* A mug! (Travel mug recommended) for your morning, noon, and night caffeine boosts
* Hammock and straps
* Portable Bluetooth speaker
* Binoculars, field guides, etc.
* Comfy sweatpants and sweatshirts, especially for during TLT

## 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.