

## Women's Base Camp Packing List

### Provided:

- Meal Food
- Bed/ Mattress
- Cross Country Skis/ Snowshoes (depending on weather)
- Supplies needed for service project

### Equipment/ Personal Items:

- Work Gloves
- Work Clothes (warm and able to paint in)
- Day Pack (backpack/ something to carry water bottle and snacks during outdoor activities)
- Waterproof Coat/ Jacket
- Waterproof shoes/ boots
- Rain pants/ Snow pants
- Sunglasses
- Water bottle
- Thermus (hot drinks)
- Lounging clothes and shoes
- Warm socks- wool or synthetic (NO COTTON)
- Base layer (ie: long underwear) (for service project and ski/snowshoe)
- Insulating layer (for service project and ski/snowshoe)
- Warm Gloves
- Warm hat
- Personal toiletries
  - Shampoo/ Conditioner--Showers will be available
- Sleeping bag\*
- Pillow
- Personal Snacks (for after hiking/snowshoeing)
  - Ie: Granola bars, trail mix, hot cocoa, tea etc.

### Optional/ Recommended:

- Camera
- Journal/ pen
- Games
- Pocket knife
- Yaktraks (or some form of traction devices)

\*Can be rented at the Rental Center