

ADIRONDACK SUMMER PROGRAM
Clothing and Equipment Checklist

Clothing should be comfortable and practical. The school cannot be responsible for lost articles so it is recommended that students leave all expensive belongings at home and items brought be **properly marked** for identification purposes.

Each student's luggage should consist of not more than one suitcase or pack, one small carry-on bag and sleeping bag or blankets. As laundry facilities are not available, it is suggested that sufficient clothing for the week be brought along. The quantities recommended are minimums and should be increased to meet individual needs (within reason). The accompanying list is for your use in planning what to bring. Cell phones are permitted, however, reception is limited. **Usage will not be allowed during program activities.** (Revised April 2022)

Bedding and Toiletries

- ◆ (1) sleeping bag or 2 blankets & sheets
- ◆ (1) pillow
- ◆ (1) pajamas
- ◆ (3) bath towels
- ◆ (1) hand towel
- ◆ (1) wash cloth
- ◆ (1) toothbrush & toothpaste
- ◆ (1) soap
- ◆ (1) comb and/or brush
- ◆ misc. other toiletries

Footwear

- ◆ (2) pair sneakers (1 old pair for wading or water shoes)
- ◆ (1) pair sturdy hiking boots or shoes

Misc. Items

- ◆ (1) camper's water bottle
- ◆ (1) day pack
- ◆ (1) laundry or plastic bag
- ◆ (1) flashlight & extra batteries
- ◆ (2) pencils and/or pens
- ◆ (1) notepaper and stamps
- ◆ (2) handkerchiefs
- ◆ (1) calculator

Also Highly Recommended

- ◆ (1) sunglasses
- ◆ (1) insect repellent
- ◆ (1) lip balm
- ◆ (1) suntan lotion
- ◆ Souvenir money

Clothing

- ◆ (1) light jacket or wind breaker
- ◆ (8) pair socks
- ◆ (6) pair underwear
- ◆ (5) T-shirts, sport shirts, blouses
- ◆ (1) sweater or sweatshirt
- ◆ (1) long-sleeved shirt
- ◆ (2) shorts
- ◆ (2) slacks or blue jeans
- ◆ (1) warm jacket or coat
- ◆ (1) raincoat & hat or poncho
- ◆ (2) bathing suits
- ◆ (1) bathing cap (if used)
- ◆ (1) field or wide brimmed hat
- ◆ (1) thermal underwear

Optional

- ◆ (1) pair waterproof boots
- ◆ camera and film
- ◆ reading material
- ◆ alarm clock

Adirondack Program Only

EMERGENCY PHONE (315) 848-3444