

7th Grade Maine Studies Trip Packing List

WEAR:

- T-shirt/Sweatshirt and/or Jacket
- Long pants/Shorts (weather permitting)
- Sturdy footwear w/socks

*SANDALS OR OPEN TOES ARE NOT ALLOWED

- Hat with brim or sunglasses (optional;)

PACK IN DUFFEL BAG:

- Warm jacket
- At least one extra pair of pants and a shirt
- Shorts if weather permits
- Sweatsuit and/or flannel pants for sleeping
- Change of shoes (rain boots or something waterproof if possible)
- Extra socks (2-3 pairs)
- Flashlight with batteries
- Toothbrush & toothpaste & other necessary toiletry items (no aerosol sprays!)
- Sleeping bag/pillow (roll in an extra blanket for warmth if needed)
- Reading book or small card game for bedtime (if you choose)
- Foam or roll-out sleeping pad (if it fits in bag ****Optional) We do have them available if they do not have one.
- Folding camp chair for the campsite (optional) If you bring one, please mark it with your name

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CARRY IN DAY PACK FOR HIKE:

- Lunch for day one (avoid foods that spoil or that are over-packaged)
- \$8 for lunch on day #2
- Snack food (high-energy foods like dried or fresh fruit, nuts, and granola bars)
- 2 Water bottles or canteen-fill ONLY with WATER
- Rain gear with pants or a poncho (**NOT OPTIONAL**) Borrow if you need to, we have them!
- Sweatshirt or fleece
- Extra socks
- Warm hat, gloves, or mittens
- Band-Aids and/or moleskin tape for blisters (optional)
- Camera: small digital or disposable (optional)
- Hand sanitizer for daypack (optional)
- Non-aerosol insect repellent (optional)
- Non-aerosol sunscreen (optional)

ITEMS NOT ALLOWED FOR ANY REASON-if brought will result in DETENTION

Ipod, CD player, cell phone

Knives

Food other than specified

Electronic games or devices of any kind

Soda or glass containers

Pressurized cans of any kind

Hatchets/saws/axes

Lasers or laser pointers

IF YOU HAVE ITEMS THAT YOUR CHILD CAN NOT PACK IN THEIR DUFFLE BAG BECAUSE THEY ARE CURRENTLY USING THEM, JUST BRING THEM ON THE DAY OF THE TRIP (IE: EXTRA SHOES, TOOTHBRUSH, OR JACKET)

Updated 4/1/2023