

Program Equipment List

*Cal-Wood is located at an elevation of 7,800 feet. The weather in the mountains is subject to sudden changes. It is important to be prepared for rain, intense sun, and snow. **Please do not buy anything if you are missing items on this list. Cal-Wood has a gear room where students can borrow gear for the duration of their program.***

PLEASE PACK THE FOLLOWING THINGS...

...in a **daypack**:

- Face masks that covers your nose and mouth (bring a couple)
- Water bottle (**at least 1 quart/liter**)
- Warm layer (wool or fleece is best)
- Sun hat or baseball cap
- Sunglasses
- Sunscreen (SPF 30 or higher—a **MUST**)
- Lip Balm (chapped lips are painful!)
- Bandana (or tissues)
- Warm gloves and hat
- Extra pair of socks
- Rain jacket or poncho (if poncho, be sure it is durable plastic)



...in a **suitcase or large backpack**:

***NOTE:** Pack in a manageable bag... students will need to carry all their belongings ¼ mile uphill to the cabins.*

- Hiking boots or sturdy shoes (snow boots recommended Oct-April).
- Sleeping bag & small pillow (packed in stuff sack or bag)
- Full change of clothes- pants/shirt/underwear/socks etc.
- Pajamas
- Socks (long socks are best. Preferably a couple warm wool pairs)
- Winter coat or jacket
- Toiletry bag (ziplock or grocery bag is fine) with:
 - Toothbrush & toothpaste
 - Brush or comb
 - Washcloth & towel
 - Soap



OPTIONAL ITEMS:

- Bandana (a reusable tissue!), books, camera, flashlight, field guide, binoculars, tissues/handkerchief
- Slippers for lodge (outside shoes are not allowed inside lodge)
- Extra pair of outside shoes in case first pair gets wet
- Rain pants/snow pants (just in case)



PLEASE DO NOT BRING:

- snacks, junk food, chewing gum, candy (don't want to attract wildlife to cabins!)
- electronics such as cell phones (there is no reception at Cal-Wood), mp3 players, radios, hand-held video games, curling irons, and blow dryers. Being unplugged is an important part of the experience!
- knives, matches/lighters - alcohol, drugs, cigarettes - money or anything valuable