



The Green River Preserve

3 – Day Packing List

Please bring old, durable and inexpensive clothing. Keep in mind that during the day, the Preserve is often ten degrees cooler than in the Piedmont and can be in the thirties at night. Our buildings are comfortable and attractive but are not heated or winterized. Please come prepared for the out-of-doors.

- 1 pillow
- 1 pillow case
- 1 set of twin sized sheets and two heavy blankets or
- 1 thirty degree or lower rated sleeping bag and a warm blanket
- 1 mattress pad (optional)
- 2 bath towels and wash rags
- Toiletry items (shampoo, soap, tooth brush, etc.)
- 1 plastic bathroom cup (optional)
- 1 pair of flip flops (optional; to wear to bathhouse only)
- 1 plastic, leak proof, water bottle (at least one quart capacity) ★
- Flashlight and batteries
- 1 Book bag or day pack for field trips (big enough for water bottle, towel, and rain gear) ★
- 2 pairs of blue jeans or long hiking pants (daily field trips usually require long pants)
- 2 pairs of shorts
- 3 long sleeve shirts (long sleeved t-shirts work well)
- 1 heavy sweater or fleece jacket
- 1 pair of warm pajamas
- 1 windbreaker jacket or heavy sweatshirt
- 1 raincoat or rain poncho ★
- 2 pairs of tennis or walking shoes (one pair is for wading in streams)
- 1 pair of hiking shoes or boots (broken in*)
- 4 pairs of socks
- 4 pairs of underwear
- 1 bathing suit
- 1 cap or hat
- camera (optional)
- journal (optional)
- field guide books (optional)

★THESE ITEMS ARE ABSOLUTELY ESSENTIAL!!!

***A Word about hiking shoes** – Students will be hiking extensively each day at GRP. Please do not bring brand new hiking boots. We have found that hiking boots that are not broken in cause serious blisters and foot sores. Preferably bring good walking/running shoes with good support for hiking. If you have hiking boots that are broken in, this is fine too. Good foot care and support is critical for a healthy hiking time.

Note The Green River Preserve has ball caps, t-shirts, sweatshirts, fleece pullovers, stickers, coffee mugs, etc. for sale. Children may wish to bring a limited amount of cash (\$5.00 - \$40.00).

No candy gum, food items, radios, valuables, hairdryers, or other electrical or potentially dangerous devices should be brought to the Preserve.

Please have all medications checked in with the school staff before arrival. The Preserve infirmary will provide non-prescription medications as needed.