

# Miniwanca Clothing and Supplies List

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The following list of items should be brought regardless of program length.  
These are the items that all participants will need in order to have a successful experience.

- One 1-liter water bottle filled prior to arrival
  - Rain gear
  - Backpack
  - Journal
  - Pencil/Pen
  - Sun block
  - Comfortable hiking shoes – tennis shoes are fine (please do not wear sandals)
  - Weather appropriate clothing – with extra layers if it is spring, winter or fall
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The list below is based on the needs for a 2-day, overnight experience.  
Please adjust accordingly for longer programs.

- Bedding:** Sleeping bag and pillow or  
Warm blankets with sheets and pillow
- Clothing:** 2 pairs of long pants  
2 short sleeve shirts  
1 long sleeve shirt  
1 sweater or equivalent warm outer layer  
1 pair of underwear for each day  
1 pair of socks for each day (at least 1 pair of socks should be wool)  
1 pair of pajamas or appropriate sleeping attire  
1 pair of tennis shoes – please do not bring sandals  
1 pair of hiking boots or mud shoes  
Raingear  
Windbreaker
- Seasonal Clothing:** 2 pairs of shorts  
1 pair of mittens or gloves  
1 warm hat  
1 scarf  
1 pair of long underwear  
1 warm coat  
Extra warm sweaters
- Other:** Personal hygiene products (ex: soap, shampoo, tooth paste and toothbrush, etc.)  
Towels and washcloths  
Laundry bag  
Flashlight  
Prescription medications (Please turn these in with your school or organization)
- Optional:** Insect repellent (no aerosol please), bathrobe, slippers, camera, or stationery.

**Please do not bring:** Food, knives, matches, ipods, mp3 players, electronic games, and money.