

Student Packing List

It is important to remember that you will be outdoors as much as possible during your stay at the center, so it is necessary that you come prepared. If you do not have some of the items **don't think that you need to buy them**; you should substitute, improvise, or talk to your teacher.

Prepare for the weather; it can be warm, cold, windy, rainy, sunny, or snowy in the Mount Rainier region.

Remember that you will be carrying your luggage, so do not bring more items than you can carry. We suggest you pack your backpack and luggage as follows:

BACKPACK

- 1 or 2 1-liter water bottles
- Rain coat and pants
- Sunscreen
- Sack lunch for the first day**
- Small container of hand sanitizer

- Winter coat if appropriate
- Lip protectant (ChapStick) *Optional*

OTHER

- Bag for dirty clothes
- Plastic bag for wet shoes

OPTIONAL ITEMS

- Binoculars
- Camera
- Reading books

LUGGAGE/DUFFLE BAG

BEDDING AND HYGIENE

- Pillow
- Sleeping bag or blankets (windows in cabins may be left partially open to allow for ventilation. Be sure to have warm bedding).
- 1 Bath towel and washcloth

- Comb or brush
- Soap, toothbrush, toothpaste
- Shower shoes *Optional*
- Bug spray *Optional*

CLOTHING

- 5 - 6 Pairs of underwear
- 5 - 6 Pairs of socks
- 3 - 4 Shirts, at least one long-sleeved
- 2 Extra sweaters or sweatshirts
- 3 Pairs of long pants
- 2 Pairs of shorts (if appropriate for the season)
- Pajamas
- 1 Hat (appropriate for the season)
- Warm gloves, scarf, etc. for cooler temperatures

FOOTWEAR

- 1 Pair of shoes/boots that can get muddy (Waterproof is preferred)
- Extra shoes

Students should not bring

- Snacks, food, drinks, gum, or candy
- Cell phones (unless approved by school), any other electrical devices (electronic games, hair dryers, etc.)
- Knives or weapons of any kind

NOTE ABOUT FOOTWEAR: We will be hiking each day at Mount Rainier Institute. Please bring sturdy shoes or boots that can get wet or muddy. These shoes should have been previously broken in by the wearer and have decent foot and ankle support. This will help us greatly in avoiding blisters. If you are coming to MRI in the spring, you will likely be snowshoeing. Waterproof boots or sturdy waterproof shoes are best for this.