

Welcome to our Summits Packing List

- 1 day backpack which will be used **daily** for hikes/trips: exterior sleeves for 2 water-bottles, shoulder straps, and a hip belt (no book-bags, please). (*See example*)



FOOTWEAR

- 1 pair flip flops (for shower and walking around the cabin)
- 1 pair sneakers
- 1 pair hiking/trailwork boots (**please be sure boots are broken in**)
- 1 pair aqua shoes/TEVAS/CROCS with traction soles that will not fall off your feet and float down the river. (note: these shoes are used on a **daily basis**, pre-post hikes/trailwork, river, wear to activities and with wool socks on cool mornings).

GENERAL

- 2 water bottles
- 1 sleeping bag in a stuff sack
- 1 duffle bag or trunk
- 1 pair of work gloves
- 1 baseball cap (for factory service projects)
- bandanna
- sunglasses
- eye glasses with prescription (if applicable)
- 1 headlamp and spare batteries (*very important*)

OUTERWEAR

- 1 rain jacket or poncho
- 1 warm jacket
- 1 warm wool sweater/polar fleece

SHIRTS

- 1 sweatshirt/fleece
- 1 warm shirt
- 2 large, long-sleeve shirts for work projects (protection from insects/ticks/ants/brambles/poison ivy)
- 6 cotton short sleeve shirts (for evening activities)
- **2 Nashoba Shirts** (In addition, you will be provided with 2 Summits T-shirts.)

PANTS

- 1 pair sweatpants
- 4 pr. jeans (work pants)
- 1 pair shorts for comfort
- 1 pair docker pants (Boys only)
- 4 pairs of "shorts" mid-thigh or longer
OR: 2 pairs of convertible pants



CLOTHING (OTHER) 1 or 2 nice outfits for Saturday Dinner & Banquet

- No jeans or shorts, shirt with collar for boys
- Skirt, dress, or dress slacks for girls
- 2 pair pajamas (one lightweight, one flannel)
- 10 pairs of underwear
- 10 pairs of athletic socks
- 2 pair wool rag socks (to wear with hiking boots and TEVAS)
- 2 one-piece bathing suits (**NO two-piece suits**)

BED & BATH

- 2 bath towels and 2 hand towels
- 2 beach towels
- 1 pillow
- 2 pillowcases
- 2 sets twin sheets
- 2 warm blankets

PERSONAL ITEMS

toilet items

sunblock

bug spray

letter writing supplies

books

digital camera

iPod that play music only - no video or movies; iPod is for cabin use only. (**cell phone use is not permitted**)

DONATIONS OPTIONAL:

If you have room in your car *Partners for World Health* is looking for new and used medical supplies and equipment.

For more information go to: http://www.partnersforworldhealth.org/Home_Page.php.

Following is a sample of items they accept:

- durable equipment such as: crutches, walkers, potty chairs, orthopedic supplies
- diapers (child or adult)
- clean, unstained bed linens
- diabetic supplies (including reading instruments)
- wound care (bandages, gauze pads)
- surgical gloves
- new/unopened supplies: body lotions, skin cleaners

NOTE: Examples of items NOT accepted are: prescriptions, over-the-counter medicines, and nutritional formulas.

Harvest Hills Animal Shelter is always accepting dog and cat collars, toys, leashes etc.

Summits "Moxie Trip" Packing List

You are going to be in Northern Maine, it will be colder than you expect,
pack warm clothes for this trip.

Most importantly pack lightly in your daypack, as space is very limited.

- aqua shoes/TEVAS/CROCS (that stay on feet)
- complete change of clothes (including dry footwear and **sweatpants**)
- **wool hat**
- rain jacket
- 2 bathing suits
- 1 pair wool socks
- sleeping bag in stuff sack
- day pack
- 2 towels
- water bottles
- sunglasses
- headlamp
- digital camera
- personal toilet items
- medications
- bug spray
- sunscreen

Pack warm! Pack light!

Call or email us with any questions. We look forward to
an adventurous two weeks this summer.

Winter 978 486 8236 until May 15

Summer 207 655 7170

nashobafun@gmail.com