



The Green River Preserve

4 – 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.

Essential items:

- 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
- 2 bath towels and wash rags
- Toiletry items (shampoo, soap, tooth brush, etc.)
- 1 plastic, leak proof, water bottle (at least one quart capacity)***VERY IMPORTANT!**
- Flashlight and batteries
- 1 Book bag or day pack for field trips (big enough for water bottle, towel, and rain gear)
- 3 pairs of long hiking pants (daily field trips usually require long pants; preferably NOT jeans or all cotton)
- 2 pairs of shorts
- 5 long sleeve shirts (long sleeved t-shirts work well)
- 3 short sleeve shirts
- 1 heavy sweater or fleece jacket
- 1 pair of warm pajamas
- 1 windbreaker jacket or heavy sweatshirt
- 1 raincoat or poncho
- 2 pairs of tennis or walking shoes (one pair is for wading in streams)
- 6 pairs of socks
- 5 pairs of underwear
- 1 bathing suit (for playing in the stream, lake or waterfall)
- 1 cap or hat

Optional items:

- camera (optional)
- journal (optional)
- field guide books (optional)
- 1 mattress pad (optional)
- 1 plastic bathroom cup (optional)
- 1 pair of flip flops (optional)
- 1 pair of hiking shoes or boots (**but must be broken in***)
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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.