

NY Wellness & Leadership Packing List



Live - Learn - Explore

CLOTHES

<input type="checkbox"/>	MULTIPLE LAYERS - PREFERABLY NOT COTTON
<input type="checkbox"/>	WARM JACKET
<input type="checkbox"/>	LIGHT PAIR OF GLOVES
<input type="checkbox"/>	WOOL/SYNTHETIC WINTER HAT
<input type="checkbox"/>	SWIM TRUNKS/SWIMSUIT
<input type="checkbox"/>	RAIN GEAR (JACKET & PANTS)
<input type="checkbox"/>	ATHLETIC CLOTHING FOR HIKING/YOGA
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input type="checkbox"/>	SLEEPING BAG
<input type="checkbox"/>	PILLOW
<input type="checkbox"/>	KNIFE
<input type="checkbox"/>	HEADLAMP
<input type="checkbox"/>	LIGHTER/MATCHES
<input type="checkbox"/>	CAMP TOWEL/BEACH TOWEL
<input type="checkbox"/>	SOAP
<input type="checkbox"/>	SHAMPOO/CONDITIONER
<input type="checkbox"/>	TOOTHBRUSH
<input type="checkbox"/>	TOOTHPASTE
<input type="checkbox"/>	MEDICATIONS
<input type="checkbox"/>	*IF YOU HAVE A STANDARD MED KIT THAT YOU BRING ON TRIPS - PLEASE BRING IT
<input type="checkbox"/>	HIKING POLES (OPTIONAL)
<input type="checkbox"/>	CAMERA
<input type="checkbox"/>	DAY PACK

<input type="checkbox"/>	WATER BOTTLE
<input type="checkbox"/>	SNACK FOODS FOR HIKES & BETWEEN MEALS
<input type="checkbox"/>	SUN HAT
<input type="checkbox"/>	SUNGLASSES
<input type="checkbox"/>	SUNSCREEN
<input type="checkbox"/>	BUG SPRAY / DEET
<input type="checkbox"/>	MOSQUITO NET (OPTIONAL)
<input type="checkbox"/>	YOGA MAT
<input type="checkbox"/>	YOGA BLOCKS (OPTIONAL)
<input type="checkbox"/>	YOGA STRAP (OPTIONAL)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FOOTWEAR

<input type="checkbox"/>	WARM SYNTHETIC / WOOL SOCKS
<input type="checkbox"/>	HIKING BOOTS OR STURDY CROSS TRAINERS
<input type="checkbox"/>	FLIP-FLOPS / KEENS FOR AROUND CAMP
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MISCELLANEOUS

<input type="checkbox"/>	CAMP CHAIR
<input type="checkbox"/>	BOOK/JOURNAL/PEN (OPTIONAL)
<input type="checkbox"/>	HAMMOCK