

## INTERNATIONAL COURSE GEAR LIST

Appropriate clothing and gear is essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. Some items are described in detail on the attached gear guide.

### CLOTHING

- 2 pair Pants/Jeans
- 2 pair Shorts
- 5 Shirts
- 2 Swimsuits
- 6 pair Socks
- 1 pair Tennis Shoes
- 1 pair Light Weight Hiking Boots
- Fleece Sweater or Light Jacket
- Hat/Cap
- Water Shoes (no Velcro straps please)
- 2 sets Sleepwear

### GENERAL NEEDS

- Duffle Bag or similar soft bag/luggage
- Day Pack
- Sheet and Fleece Blanket
- Ensolite or Therma Rest type pad
- Flashlight with extra Batteries
- 2 Nalgene Water Bottles (quart size)
- Insect Repellent (non-aerosol)
- Pen and Paper
- Nylon Cord (Clothesline)
- Rain Jacket and Pants
- Sunglasses
- Small travel umbrella

### ADDITIONAL ITEMS

- Disposable Camera (optional)
- Fishing Pole (optional)
- Binoculars (optional)
- Stamps, envelopes, and paper
- Diving Mask (**EXCEPT PERU**)
- Snorkel (**EXCEPT PERU**)
- Diving Fins (**EXCEPT PERU**)

### EATING GEAR

- Plastic Bowl and/or Plate
- Eating Utensils
- Plastic Cup

### PERSONAL NEEDS

- Prescription Medications
- Body talc or Powder
- Miscellaneous toiletries
- Sunscreen (maximum protection)
- 2 Bath Towels
- 1 Hand Towel
- 1 Washcloth

### BELIZE AND COSTA RICA ONLY:

- Rash Guard
- Mask
- Snorkel
- Fins

### PERU ONLY:

- Warm Fleece or Warm Jacket
- Warm Hat
- Gloves

### NOTES

1. Please label all clothing and personal effects.
  2. Do not bring jewelry, valuable watches or CD players, Gameboys, etc. Do not bring a knife (other than a table knife).
- \* See Gear Guide for description of Rash Guard.