

**POINT REYES NATIONAL SEASHORE ASSOCIATION
CLEM MILLER ENVIRONMENTAL EDUCATION CENTER**

GROUP GEAR PACKING LIST FOR LEADERS

Your ecological footprint: As much as possible, please purchase foods, beverages and supplies that are in alignment with the principle and practice of environmental education. Avoid heavily processed foods/beverages and products that are not packaged in recycled/recycleable materials. *Styrofoam packaging is not permitted.*

FEDERAL HEALTH CODE REQUIRED KITCHEN SUPPLIES

- White hand towels (15 per day, minimum) for use in kitchen
- Disposable one-time-use gloves (200 per day) for food preparation
- Dish washing liquid

BASIC SUPPLIES

- All required foods & beverages
- Kindling for woodstove & campfire pit
- Quarters for clothes washer (\$1.75 per load)
- Laundry detergent
- Large base camp first aid kit & smaller kits for field groups
- Extra sleeping bags &/or blankets
- Extra jackets & rain ponchos
- Extra water bottles
- Matches, Briquettes and starting fluid (if you plan to barbeque)

TEACHING SUPPLIES & EQUIPMENT

- Materials & equipment for activities
- Games, Craft Supplies
- Recreational equipment
- Musical Instruments
- Paper, pencils, pens, scissors, etc.

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PACKING LIST FOR PARTICIPANTS

ESSENTIAL CLOTHING

- Warm jacket
- Sweater or sweatshirt
- Windbreaker or rain jacket or poncho
- Long pants (2-3 pair)
- *optional*: Shorts
- T-shirts (2-3)
- Long-sleeve shirts (2)
- Underwear (1 per day)
- Socks (1 per day) heavy and mid-weight
- PJs or sweats for sleeping
- Shoes (3-4 pair)
 1. Sturdy lace-ups for hiking (sneakers or hiking shoes)
 2. Sturdy sandals with straps or water shoes
 3. Extra pair of shoes (often shoes get wet &/or muddy)
- Hats (2)
 1. Sun hat or visor with brim
 2. Beanie or equivalent for cold weather

ESSENTIAL NON-CLOTHES

- Prescription medication
- Day pack with the following:
 1. Water bottle/canteen (quart size)
 2. Sunscreen & Lip Balm (SPF 15 or higher)
 3. Inhaler and/or Epipen, if required
- Towel (*optional*: washcloth)
- Toothbrush & toothpaste
- Personal toiletries as needed
- Warm sleeping bag (plus extra blanket during colder months)
- Flashlight or headlamp & extra batteries
- Reading book and/or puzzle book
- Pens and/or pencils

PARTICIPANT EQUIPMENT LIST - OPTIONAL

Pillow
Journal, sketchbook
Camera
Binoculars

ITEMS NOT ALLOWED AT THE CENTER

Candles (no fire or flame allowed except woodstove, barbeque, campfire pit)
Radio, Ipod, video games
Gum & candy
Pocket knife
Illegal drugs, alcohol, cigarettes