

## Student Packing List

### 5-day Trip

Water bottle  
4 pairs of underwear  
6 pairs of socks  
3 pairs of long pants  
2 pairs of tennis shoes (No Uggs, converse, or similar shoes)  
6 t-shirts & 2 long sleeve shirts  
2 sweatshirts & 1 jacket  
1 towel and face cloth  
2 pairs of pajamas  
1 pair of slippers  
Sleeping bag & pillow  
Toiletries & lip balm  
Small backpack / day pack  
Sunscreen (non-aerosol)  
Insect repellent (non-aerosol)  
Pens, paper, and pencils  
Sunglasses  
Flashlight  
Money for camp store (optional)

### 3-day Trip

Water bottle  
2 pairs of underwear  
3 pairs of socks  
2 pairs of long pants  
2 pairs of tennis shoes (No Uggs, converse, or similar shoes)  
3 t-shirts & 1 long sleeve shirt  
1 sweatshirt & 1 jacket  
1 towel and face cloth  
2 pairs of pajamas  
1 pair of slippers  
Sleeping bag & pillow  
Toiletries & lip balm  
Small backpack / day pack  
Sunscreen (non-aerosol)  
Insect repellent (non-aerosol)  
Pens, paper, and pencils  
Sunglasses  
Flashlight  
Money for camp store (optional)

### Cold Weather: October – April\*

In addition to the above lists, please bring:  
Waterproof hat & gloves  
Waterproof rain/snow jacket  
Waterproof rain/snow pants  
Wool socks + extra socks  
Waterproof snow boots  
Long underwear

Please see reverse for Unnecessary and Prohibited Items

## Unnecessary and Prohibited Items

Please pack conservatively according to the above list. We have found that generally students do not need additional items.

To avoid the loss of valuable items, we strongly suggest that the following items remain at home: cell phones, video games, computers, portable music devices and other expensive electronics. We cannot guarantee any of these items' safekeeping and will not replace them if lost. The Pali Institute staff may confiscate the previously listed items upon your child's arrival.

Cell phones are not permitted at Pali as we find it distracts from the learning environment and the camp experience. According to our policy, your child will not be permitted to call home during their visit except in the case of an emergency. Ebook readers such as the Kindle or Nook will be allowed, provided they do not have the capability to access the internet with a Wi-Fi, 3G/4G or other connection.

Please do not pack aerosol cans or any flammable items. Any food or candy will be confiscated upon arrival as we do not allow these items in the cabins in order to prevent pests.

\*Located at 6,400 feet above sea level, Pali experiences cold weather during which there is a good chance of rain, snow or both. Snowstorms can occur as early as October and as late as mid-April. Even when days are warm and sunny, evenings can be cold. We experience stronger UV rays at our elevation and recommend sunscreen and sunglasses year round. Because your child will be spending most of their time outdoors, please help them pack the appropriate layers indicated on the packing list. Pali Institute recommends checking the weather forecast frequently prior to your visit. The weather can change drastically from day to day, and we want you to ensure that your child is properly prepared.

A warm student is a happy student!