

## Student Packing List for Backpacking

### Clothing

Hiking boots  
Closed toed camp shoes (crocs, keens, running shoes, etc.)  
3 pairs socks  
2 pairs underwear  
1 pair long pants  
1 pair shorts  
3 t-shirts  
1 long-sleeved shirt  
1 lightweight fleece/sweatshirt  
1 jacket  
1 pair pajamas  
1 rain jacket  
1 rain pants  
Sun hat  
Beanie  
Gloves

### Gear

2 water bottles (minimum of 2L capacity total)  
Sleeping bag  
Small pillow (optional)  
Toiletries  
Lip Balm  
Sunscreen and bug spray (no aerosol cans)  
Sunglasses  
Headlamp or flashlight  
Bandana (optional)  
Camera (optional)

We recommend clothes be made of synthetic materials, not cotton. A warm student is a happy student!

## Items provided by Pali

Hiking Backpack  
Foam Sleeping pad  
Water filter and additional water storage  
Cooking tools (stove, pots, silverware, plates, etc.)  
Food and appropriate food storage  
Navigational equipment (maps, compass, GPS spot)  
Tents, tarps and ropes

Please do not bring any heavy and bulky equipment not listed.

## Outback program – Sample Schedule

### First Day

11:00 - Arrival, Introductions, Trip Briefing  
12:30 – Lunch  
1:30 – Ice Breakers and Teambuilding  
2:00 – Packing Backpacks and Leave No Trace  
3:00 – Hike  
5:00 – Arrive and Set Up Campsite  
5:30 – Dinner Prep  
6:00 – Dinner  
6:30 – Clean Up  
7:30 – Reflection time, Nighttime Activity  
9:00 – Tent Time  
10:00 – Lights Out

### Second Day

7:00 – Rise & Shine  
7:45 – Breakfast  
9:00 – Hike  
12:00 – Lunch  
1:00 – Hike  
4:00 – Arrive and Set Up Camp  
5:30 – Dinner Prep  
6:00 – Dinner  
6:30 – Clean Up  
7:30 – Closing Reflection, Nighttime Activity  
9:00 – Tent Time  
10:00 – Lights Out

### Third Day

7:00 – Rise & Shine  
7:45 – Breakfast  
8:30 – Pack Up  
9:00 – Hike/Final Reflection  
10:00 - Back at camp: Collect Things and Hike to Huck, Repack Soft Bags, Grab Bag Lunch  
11:00 – Departure from Pali