

## PLEASE DO NOT BRING:

- Alcohol
- Cigarettes
- Drugs
- Weapons (anything bigger than a pocket knife)

## What to Bring:

- Cal-Wood is located at an elevation of 7,800 feet. The weather in the mountains is subject to sudden changes. It is important to be prepared for rain, intense sun, and snow. We recommend that you put your name on everything in a daypack: (small backpack or other similar)
- Water bottle (at least 1 quart/liter)
- Warm layer (wool or fleece is best)
- Sun hat or baseball cap
- Sunglasses
- Sunscreen (SPF 30 or higher—a MUST)
- Lip Balm (chapped lips are painful!)
- Bandana (or tissues)
- Pencil or pen
- Journal or notebook
- Warm gloves and hat
- Extra pair of socks
- Rain jacket or poncho (if poncho, be sure it is durable plastic)
- ...in a suitcase or large backpack:
- NOTE: Pack in a manageable bag preferably without wheels, you will need to carry all their belongings 1/4 mile uphill to the cabins.
- Hiking boots or sturdy shoes (snow boots recommended Oct-April).
- Sleeping bag or blanket & small pillow (packed in stuff sack or bag) - **CalWood only provide sheets for bedding**
- Full change of clothes- pants/shirt/underwear/socks etc.
- Pajamas
- Socks (long socks are best. Preferably a couple warm wool pairs)
- Winter coat or jacket
- Long underwear or a base layer
- Plastic bags to pack wet items OR to cover socks in shoes if no snow boots
- Toiletry bag (ziplock or grocery bag is fine) with:
  - Toothbrush & toothpaste
  - Brush or comb
  - Washcloth & towel
  - Soap

## OPTIONAL ITEMS:

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| <ul style="list-style-type: none"><li>• Books,</li><li>• Camera</li><li>• Flashlight</li><li>• field guide</li><li>• binoculars</li><li>• tissues/hanky</li></ul> | <ul style="list-style-type: none"><li>• Slippers for lodge<br/><b>(outside shoes are not allowed inside lodge)</b></li><li>• Extra pair of outside shoes in</li></ul> | <ul style="list-style-type: none"><li>case first pair gets wet</li><li>• Rain pants/snow pants (just in case)</li></ul> |
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