Overnight Stay Clothing Guide:

**Spring / Fall:**

**Clothes**
- 2 T-shirt
- 1 long sleeve T-shirt
- 2 pair jeans or slacks
- 1 pair of shorts
- 1 pair of pajamas
- Change of underwear
- 2 pair of socks
- 1 pair of gym/hiking shoes
- 1 pair of beach thongs
- 1 sweatshirt

**Gear**
- Rain gear/ poncho
- Insect repellent
- Sleeping bag/ blankets
- Pillow
- Bath towel
- Face towel
- Toiletries
- Soap
- Shampoo
- Toothbrush/ paste

**Optional**
- Flashlight
- Camera/film
- Snacks
- Alarm Clock

**Winter:**

**Clothes**
- 1 T-shirt
- 2 long sleeve T-shirts
- 2 pair jeans or slacks
- 1 pair of pajamas
- Change of underwear
- 4 pair of socks
- 1 pair of snow boots
- 1 pair of shoes/ boots
- 2 sweatshirt/ sweaters
- Gloves
- Hats
- Scarves
- Snow pants
- Long underwear
- Winter coat

**Gear**
- Sleeping bag/ blankets
- Pillow
- Bath Towel
- Face towel
- Hair Dryer
- Toiletries
- Soap, Shampoo, Toothbrush/ paste

**Optional**
- Flashlight
- Camera/film
- Snacks
- Alarm Clock

*Please add additional items needed for additional nights*