

General HSI Packlist

Required Items

Food
Sleeping bag with 30°-40° rating (each person has a bed in a room of two sets of bunks)
Pillow
Toiletries/personal hygiene items
Towel
Sleeping clothes
Headlamp or flashlight
Comfortable walking shoes
Durable sandals
Clothing for wide range of temperatures (35°-95° F). Do not bring too many cotton articles.*
USB flash drive (at least 128 mb)
Sunscreen
Hat for sun
Hat for cold
Rain gear
Note pad/paper and favorite writing implement
Required books/course materials
Daypack or fanny pack
Water bottle
Watch
Prescription meds
*Cotton absorbs water, sucks body heat, and dries slowly

Optional Items

Laptop
Musical instrument (unplugged)
iPod/diskman/walkman
Crazy Creek chair/pad to sit on outside
Sunglasses
Chapstick
Art supplies
Camera
Robe (for trips to the bathroom building)
Personal books
Mosquito headnet
Tent with rainfly and tarp
Ensolite or Therm-a-rest sleeping pad (if camping)
Insect repellent
Laundry soap for hand washing
Lightweight folding chair (e.g. Crazycreek)
Fishing gear
Games

Prohibited Items

Alcohol
Drugs
Pets
Hunting knives
Weapons
Unenrolled Friends