



PACKING LIST

For a Packing List in French, please visit www.pmoec.org.

- Items in **bold** are necessary for students on day-trips.
- Schools staying at the Center are provided with bunk beds in their dorms. Overnight students must pack all additional items that are not in italic or bold.
- Items in *italic* are mandatory for overnight camping trips.

ALL SEASONS:

- ___ Pajamas
- ___ Underwear (1 pair per day)
- ___ Socks (1 pair per day), plus **1 pair of wool socks**
- ___ Shirts (1 per day), preferably non-cotton
- ___ Pants (2 pairs), preferably non-cotton
- ___ Warm hat and gloves
- ___ **Wool sweater or synthetic top**
- ___ **Raincoat**
- ___ Bath towel, soap, toothpaste, and toothbrush
- ___ **Sneakers** or *hiking boots*
- ___ Extra pair of shoes or slippers for inside buildings
- ___ Flashlight with extra batteries
- ___ **Water bottle**
- ___ **Daypack, preferably with hip-belt**
- ___ Sturdy duffel, suitcase, or *frame pack* that holds all other items
- ___ Sleeping bag and pillow
- ___ *Ensolite, Thermarest, or other insulating sleeping pad*

FROM OCTOBER TO APRIL:

- ___ 2 pairs non-cotton **long underwear (insulated pants)**
- ___ 2 pairs of **wool socks**
- ___ **Snow pants/waterproof pants**
- ___ 2 pairs of wool or ski-type **gloves or mittens**
- ___ **Wool or fleece hat**
- ___ **Insulated winter jacket**
- ___ **Insulated winter boots**

RECOMMENDED:

- ___ Non-cotton shorts (May-September)
- ___ Sunscreen and sunglasses
- ___ Pen, pencil, and notebook
- ___ Camera
- ___ A large plastic garbage bag for storing wet clothes

PLEASE DO NOT BRING: knives, any non-flashlight item that uses a battery, or anything that that requires electricity. Students often bring electronics or extra food for the journey to Pok-O; our staff will collect these during orientation and return them at the end of the students' stay at the Center. While chaperones may keep their personal electronics, cell phones do not routinely receive a signal anywhere on the grounds.