

SWIFT STUDENT PACKING LIST

(Students pack their own bag)

Bring the following to the airport in **one** manageable piece of luggage. A chaperon will have your ticket.

Please label all items.

One school-style backpack containing a camera, extra batteries and/or extra disposable cameras/memory cards and charging cord if needed, sunscreen, a wide mouth water bottle with a secure cap (water bottle must fit in backpack, clip-on bottles interfere with hiking), a pair of sunglasses, a hat with a visor, a small flashlight, (LED clip lights are great) and **lip balm**. The backpack should contain all these items with room to spare for a daily sack lunch and snack provided by our friends at Ghost Ranch and your journal.

One old pillow case for dirty laundry

One pair of sturdy broken-in leather-type sneakers and 1 pair of sandals for showers (old shoes look better than blisters!)

Personal toiletries in a small convenient bag: small shampoo (doubles as soap), toothpaste, toothbrush

One bath towel (synthetic microfiber is especially good since it dries quickly.)

Two pairs of shorts, 1 pair of sturdy long pants (jeans)

Two T-shirts plus your SWIFT shirt that you will wear at the airport

Five pairs of socks and underwear (Smartwool socks are great for our long hikes.)

One easily removable sweater, light jacket or sweatshirt

One pair of midweight gloves

One warm jacket like a medium parka (something warmer than a sweater/sweatshirt)

Something to keep your head warm is essential and it must stay on in strong winds.

One small, easily stored poncho

One pair of thermal underwear (these double as warm pajamas.)

One tightly secured compressible sleeping bag and a small pillow

The following items will be given to your teachers at our “on-campus practice packing day”

- >> Medications with required, provided forms displaying clear instructions in a labeled, Ziploc bag
- >> STUDENTS WITH INHALERS OR EMERGENCY MEDICATION MUST KEEP ONE SUPPLY IN THEIR BACKPACK AND GIVE ONE SUPPLY TO HIS OR HER HOMEROOM TEACHER.
- >> (Optional) Artifact purchasing money in a clearly labeled envelope **(\$70 or less)**

Please bring only the items on this list. **There has never been a problem with a student bringing too few items in the entire two decade + history of SWIFT. There have been many cases of students packing so much that they could not manage what they brought, causing significant problems for themselves and others.**

If you think you might need to bring something else, something more or something different, check with your homeroom teacher. This list reflects an enormous amount of experience. It will serve you very well. Have a great journey!