

Lodging Programs that stay in Cabins at night

The packing list below will provide some helpful suggestions, however, please keep in mind that this is only a 3-day trip. **IT GETS COLD IN THE ADIRONDACKS AT NIGHT**

- ☐ Back Pack 60-80 liters will work for 3 nights
- ☐ Ground Pad
- ☐ Sleeping bag in a stuff sac
- ☐ Sweater-preferably wool
- ☐ Underwear
- ☐ Quick-drying pants/shorts
- ☐ You can bring sweats for hanging out
- ☐ Long-sleeve shirts/flannels
- ☐ Swimsuit
- ☐ Wool hat or beanie-type hat
- ☐ Bandanas or buffs
- ☐ Socks (synthetic or wool)
- ☐ Sleepwear
- ☐ Insulating jacket (fleece type)
- ☐ Reusable water bottle
- ☐ 1 pair of sneakers, or "Teva" type sandals for water activities
- ☐ Toiletries
- ☐ Towel
- ☐ Sunglasses
- ☐ A small instrument (optional)
- ☐ Camera (optional)
- ☐ Any necessary medications

IT GETS COLD IN THE ADIRONDACKS

students always say on their surveys that
we should tell them it gets cold, well
WE DO and **WE DO** so over and over

We provide lake-safe sunscreen and bug spray as well as biodegradable shampoo, med kits, and fun!

For any outdoor experience, it is a good idea to avoid 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best. Please remember that it does get cold at night. The Adirondacks can be quite chilly-certainly cooler than Saratoga. We expect the temps to be 10 to 15 degrees cooler than Saratoga due to elevation gain

It gets cold in the Adirondacks at night, be prepared!