



## **Upper School Fall Trip 2023 Mountain Madness Packing List**

Pack **prescription and over-the-counter medications** in a labeled, ziploc bag with clear instructions. All medicines will be collected by Mrs. Tucker before we depart and will be dispensed by chaperones.

**The following should fit in 1 small (carry-on size) suitcase or bag.**

### **General-**

Flashlight or headlamp

Toothbrush/toothpaste, shampoo, conditioner, soap, deodorant, sun screen, bug repellent

Brush/Comb

Sleepwear

Rain Jacket

Bathing Suit and Towel

Refillable Water Bottle

(All linens, towels, and pillows are provided by YMCA Blue Ridge Assembly)

### **Clothes-**

#### Wednesday

- Jeans or shorts of modest length, Mead Hall T-shirt (spirit day approved), shoes comfortable for walking

#### Thursday

- T-shirt and shorts of modest length or pants (not too loose/baggy) that would be comfortable for completing a low and high ropes course.
- Closed Toe Shoes

#### Friday

- Mountain Madness T-shirt (will be given to you on Thursday), shorts of modest length or jeans, shoes comfortable for walking/hiking