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# Packing List

\*All group gear and meals are provided. Please pack small and light whenever possible. All gear should go in a duffel bag or hiking backpack instead of a suitcase, if possible. You'll be able to do laundry weekly. Student cell phones will be collected the first day and stored safely at our office until weekly call home days. We'll call you a few days before the trip to say hello and answer any last minute questions. Happy packing!

## Clothing

- 3 pairs of lightweight, quick drying shorts
- 5 lightweight T-shirts (Cotton-poly works well; avoid 100% cotton if possible)
- 5 pairs of underwear
- 1 old set of clothes to get completely muddy in taro farm.
- 2 swimsuits
- 1 Rain jacket
- 1 pair of lightweight long pants
- 1 Fleece or sweatshirt (nights get chilly)
- 1 set of VERY warm clothes for a few hours on Mauna Kea. Pants, jacket, long under wear, beanie, etc. (Temperatures may drop into the 30's!)

### Please don't bring:

- pocket knives
  - matches/lighters
- Mahalo!

## Footwear

- 1 pair of sturdy walking shoes (broken in!)
- 4 pairs of socks (synthetic materials like cotton/poly blend work best; avoid 100% cotton if possible)
- 1 pair of slippers/flip flops/Texas/Keens
- 1 extra pair of old closed toed shoes to get wet/muddy in taro farm (high top neoprene booties work best, if you have them)

## Accessories

- Small daypack
- Large backpack (for 3 day hike)
- Light sleeping bag and very small pillow
- 2 small beach towels
- Headlamp (works best) or flashlight with new batteries
- Toiletries (small bottles of shampoo, soap, toothpaste, insect repellent)
- Sunscreen and Aloe ("Reef Safe," Zinc or Mineral Based sunscreen is best. Please avoid sunscreen with Oxybenzone)
- Mess kit (reusable cup, bowl, plate, spoon, fork, butter knife)
- 2 large water bottles (At least 32 oz each. Bringing less risks dehydration!) or CAMEL- BACK and 1 water bottle
- 3 small plastic grocery bags for wet clothes/shoes
- Neoprene rash guard shirt for sun protection while swimming (long sleeve if possible)
- Sun glasses and hat for sun protection
- Spending money (\$75-\$100 for souvenirs, occasional Shave Ice, etc.)