

Packing List: Destination Redwoods

Please bring the following items. If you need assistance with layers, sleeping bags or sleeping pads please reach out!

Pack the following items in a day pack for the first day:

- Lunch and Snack for the first day
- Refillable water bottle and snacks for the road
- Layers
- Any other items you want close at hand (please leave electronics at home)

Please put the following items in a duffle bag:

- Sleeping bag, sleeping pad and pillow
- Rain coat
- Hat
- 2 long sleeve shirts
- 3 t-shirts
- 2 pairs of pants
- 2 pairs of shorts
- Socks and underwear
- Swimsuit and towel
- Warm sweater or fleece
- 1 pair of shoes to hike/walk in
- 1 pair of sandals
- Tooth brush, soap, hairbrush and other toiletries
- Sunglasses and sunscreen
- Bug spray
- Flashlight/headlamp
- Camera (Optional)
- ~\$30 for spending cash for souvenirs (Optional)
- An adventurous spirit, curious mind and positive attitude!

*We ask that electronic devices are left at home (tablets, video games etc...). If you wish to send your child with a phone, that is ok but let them know we will ask them to turn it off and put it away if it becomes a distraction. There will also be nowhere to charge phones or other devices.

*Please reach out to Abby VanLeuven at avanleuven@audubonportland.org with any questions.