

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**

- ☐ Sleeping bag/pillow (bunks have mattresses but no linens)
- ☐ Day pack (small is fine)
- ☐ Hiking boots, or comfortable walking shoes (not brand new)
- ☐ Water bottle (large like a Nalgene)
- ☐ Rain jacket, and pants if you have them
- ☐ Hat
- ☐ Wool cap
- ☐ Moisture-wicking T-shirts
- ☐ Moisture-wicking Long sleeved shirt
- ☐ Sweater-preferably wool and a sweatshirt for lounging at night
- ☐ Underwear, socks
- ☐ Bathing suit
- ☐ moisture wicking shorts
- ☐ Sweatshirt
- ☐ long pants and sweatpants to hang out in at night NO JEANS (not good in wet weather)
- ☐ 1 pair of sneakers, or "Teva" type sandals for water activities
- ☐ Toiletries
- ☐ Towel
- ☐ Sunglasses
- ☐ A small instrument (optional)
- ☐ Camera (optional)
- ☐ Any necessary medications

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 5 to 10 degrees cooler than Saratoga due to elevation gain

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