

Suggested Equipment List

Please arrive in full Field Uniform (Class A)

- Pants, shorts, socks and underwear for 6 days
 - 2 Class B shirts for activities
 - Long sleeve polar fleece or sweater
 - Stocking cap
 - Waterproof jacket/coat w/hood
 - Gloves/mittens
 - Pocket knife
 - Sunglasses (UV)
 - Compass
 - Whistle
 - Personal first aid kit
 - Flashlight and extra batteries
 - Rope/clothesline, clothes pins (optional)
 - Mole skin, foot powder
 - Notebook, pencil
 - Day pack/school backpack for notebook, etc.
 - Backpack for outpost hike
 - Extra shoes or boots
 - Watch
 - Shower shoes (very important!)
 - Small towel or chamois
 - Toothbrush and toothpaste
 - Personal care items – soap, deodorant, etc.
 - Comb or brush
 - Sunscreen (15 SPF or better)
 - Chapstick
 - 1 Pair wool socks (for sleep only)
 - 1 Stocking Cap (for sleep only)
 - 1 set sleeping clothes (for sleep only)
 - 3 or 4 season tent
 - Sleeping bag in waterproof sack
 - Sleeping bag liner/light synthetic blanket
 - Sleeping pad (full length)
 - Groundcloth
 - Mess kit
 - Water bottle
 - Camera (optional)
- Prescription medications should be in their original containers and clearly marked
- NO personal electronic devices
- Snacks/food items are allowed but MUST be secured in the Trading Post

Please make sure you bring warm gear. I have been at NYLT for twelve years and there has been at least one night of frost every single year.