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.