



What to Bring to PBC for a 5 day program

The following suggested list will help you pack for a 5 Day Program. Please bring clothes that you can move around in and that you don't mind getting dirty.

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|-----------------------------------------------------------------------------------------|-------------|
| T-Shirts | 5 |
| Shorts | 2 |
| Athletic Shorts | 2 |
| Long Sleeves/Sweatshirts | 1 |
| Long Pants | 1 |
| Hat | 1 |
| Athletic Socks | 5 |
| Sneakers | 2 (NOT NEW) |
| (Waterfront activities MUST have close toed shoes. Crocs, old canvas pair, watershoes.) | |
| Underwear | 5 |
| Hiking Boots | 1 |
| Bathing Suit | 2 |
| Rain Gear* | 1* |

Personal Hygiene: Toothpaste, Soap, Chapstick, Large Towel/Bath Towel

Miscellaneous: Insect Repellent/Sunscreen
Flashlight
Backpack*
Water Bottle*
Flip Flops for Washhouse

Bedding: Sheets/linens for Bed or Sleeping Bag*, Pillow

Optional Items: Books/Magazines, Camera, Journal, Card Games
Cash for Souvenirs from the PBC Store - Most items under \$25

*If you don't have these items, you can borrow our PBC gear.

NOTE: Nothing should be new or bought for this trip. Expect clothes and sneakers to get/return dirty.

Items That Should Be Left At Home:

- Cell phone (there is little cell phone reception on Campus)
- Jewelry, fancy watches, large earrings, etc.
- Personal food, including candy and gum
- MP3 players or any other electronics, etc.
- Weapons of any type - under no circumstances should dangerous implements or weapons be brought to Blairstown. They will be confiscated.
- Drugs and alcohol will also be confiscated if brought with you.