



Smoky Mountain Field Experience

What to bring...

(Depending on the weather – check weather.com for Townsend, TN)

- Cash for meals and bookstore only (Meals around \$25, optional for bookstore. The bookstore has books, t-shirts, posters and other items)
- Sleeping Bag or blankets/sheets
- Pillow
- Towels and washcloths
- Toiletries (Soap/toothbrush and paste, etc).
- 2 pairs of pants and/or shorts
- 1 shirt per day and sweater/sweatshirt
- Jacket and hat
- 1 day pack/back pack
- 1 pair of socks per day + extra pair
- 1 pair pajamas
- Underwear for each day
- 1 pair of comfortable sturdy shoes/boots/sneakers for hiking - broken in
- 1 pair of old shoes for getting wet
- 1 canteen or water bottle with tight fitting lid
- Rain gear - very important!
- Optional - extra pair of shoes/sneakers for relaxing
- Optional - camera
- Optional - slippers or flip-flops for use in the dorm
- Optional – flashlight
- Prescription drugs will be locked in the first aid room (on the trail as needed)

What NOT to bring...

- “Good” clothes
- Snacks, food, gum or candy to the dorm (Snacks will be stored on the bus or in the kitchen)
- Radios, MP3 Players, hair driers, curling irons, other electrical items
- Slick-soled shoes
- Knives of any kind
- Cigarettes, illegal drugs, alcohol
- Expensive belongings