

# PACKING LIST

## CLOTHING

- Sunglasses and hat
- Pants, shorts, leggings, long/short sleeve shirts, socks, long socks for hiking, underwear, sports bras, workout outfits, rain jacket, hiking socks, swimsuit, layers for camping
- Two pairs of shoes (one athletic/running, one outdoor/hiking) Hiking boots or trail sneaker highly recommended, water shoes, sandals (optional for lounging).
- White T-shirt (to tie-dye)

*Note: Laundry is available weekly on campus.*

## TOILETRIES

- Personal hygiene items (toothbrush, toothpaste, deodorant, hairdryer, shampoo, body wash, lotion, feminine hygiene products including tampons and pads, etc.)

*Note: Skyterra Young Adult does not provide personal hygiene items for guests.*

## IMPORTANT DOCUMENTS

- Photo ID (permit, license, student ID, or passport)
- Health insurance card
- Debit/credit card or small amount of cash for purchase of personal items (toiletries and ancillary expenses).

*Note: We will hold onto guest identification for safety purposes while guests are in the program.*

## HEALTH

- 30-day supply of medications and prescriptions, if applicable
- Inhaler/Epipen, if applicable
- Preferred brand sunscreen or insect repellent.

## TECH

- **Permitted:** Cell phones
- **Not permitted:** Laptops, iPads, gaming consoles, etc. at home unless otherwise arranged

*Optional: A watch or fitness wearable (such as an Apple Watch, FitBit, etc.).*

## OPTIONAL

- Water bottle (32 oz bottle is recommended)
- Day pack for hiking (we provide a backpack)
- Personal planner (we recommend daily 15 or 30-minute increment calendar)
- Personal hobby items such as musical instruments, reading, coloring, and other quiet activity options for down time
- Comfort items from home such as a cozy blanket, pictures of friends and family, etc.
- Slippers
- Letter-writing supplies.

## SYA WILL PROVIDE

- Bed linens
- Bath/beach towels
- Sunscreen and bug spray
- SYA backpack

