

## Year 2 Institute – New Mexico

### PACKING LIST

#### What to Pack

Pack items in one large duffle bag. Strap the sleeping bag to the duffle bag - it does not need to fit within. Use the small backpack on the airplane. Firm carry-on suitcases cannot handle the terrain and will take up too much space while at the Lama Foundation. The duffle bag can be packed away.

#### Required:

- Sleeping Bag, rated to 0 degrees (it gets cold in the evenings)
- Hiking Boots – must offer good ankle support (break them in before trip)
- Tennis Shoes or athletic sandals (i.e. Texas)
- Wool Socks, at least 2 pairs
- Long Pants – Quick-dry, water resistant preferred (Not jeans or sweatpants but leggings and cargo pants are okay)
- T-Shirts – both long and short sleeved (unpredictable weather)
- Sweater – (mountain elevation of 8,600' – it will get cold at night)
- Waterproof Jacket – not just water resistant
- Water Bottles – 2 - 16oz. bottles
- Small backpack for hike
- Flashlight – (head lamp is best)
- Hat with brim
- Sunscreen
- Bug Spray
- Flip-flops for showering
- Sunglasses
- Wristwatch, with alarm feature – (i.e. Timex Sports Watch)
- Toiletries – biodegradable to minimize water pollution
- Bath Towel, Washcloth
- GYLI Program Booklet/Journal and pens

#### Recommended:

- Foam or inflatable sleeping pad or mattress (twin)
- Comfortable shorts
- Swimsuit – suitable for white water rafting or swimming in Rio Grande (optional activity)
- Book, Playing Cards

#### Not Allowed

- Cell Phones/Laptop/Technology
- Do NOT BRING SNACKS – We do not want to attract animals to our campsite.
- Inappropriate Dress – short-cropped tops or other revealing clothing
- Camping Knives or Tools