



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. Closed toed, closed heeled footwear is required for all activities. Crocs, slides, flip flops, etc. are NOT appropriate and should ONLY be worn when showering.

T-Shirts	5
Shorts	3
Long-Sleeve Shirts	1
Fleece or Sweater	1
Long Pants	1
Bandana/Cap	1
Athletic Socks	5
Sneakers	2 (NOT NEW)
(Waterfront activities MUST have close toed shoes.)	
Underwear	5
Hiking Boots	1
Bathing Suit	2
Rain Gear*	1*

Personal Hygiene: Toothpaste, Toothbrush, Soap, Chapstick, Large Towel/Bath Towel, Deodorant, Feminine Hygiene Products, Shampoo, Conditioner

Miscellaneous: Insect Repellent/Sunscreen
Flashlight
Backpack*
Water Bottle*
Flip Flops for Wash house ONLY

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

Optional Items: Books/Magazines, Camera, Journal, Card Games
Cash for Souvenirs from the PBC Store - Most items under \$30

*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). If brought with you, there will be a DESIGNATED TIME IN THE SCHEDULE to use these but note: **PBC IS NOT RESPONSIBLE FOR LOSS OR DAMAGE.**
- Jewelry, fancy watches, large earrings, etc.
- Personal food, including candy and gum
- Tablets, laptops or any other electronics
- Weapons of any type - under no circumstances should dangerous implements or weapons be brought to Blairstown. They will be confiscated and student will be sent home (group will need to make these arrangements).
- Drugs and alcohol will also be confiscated if brought with you and student will be sent home.