



Treehaven Packing List

Being prepared for the weather at Treehaven can be crucial for having a positive experience. Below we have made some general recommendations. Staying warm in cold climate requires layering and good material choices.

Layering

- **Base layer:** Worn next to skin, meant to wick away sweat and provide some warmth.
- **Mid-layer:** Worn on top of base layer, insulating layer keeps you warm. Examples; Hoodie, fleece, down.
- **Outer-layer:** Waterproof and keeps elements out. Good quality rain jacket and rain pants, or winter coat and snow pants.

Materials

- **Synthetic:** Oil-based clothing, often found in athletic clothing. Wicks sweat away well.
- **Cotton:** Can be a breathable layer but holds onto water and sweat. Generally, avoid.
- **Wool:** Modern wool clothing can be warm, wick away sweat, and odor resistant.

General Clothing:

- Change of under clothing
- Change of outer clothing
- Rain Jacket/Rain Pants
- Sweater/Fleece/Hoodie (Mid-layer)
- Hiking Boots
- Socks Preferably wool or synthetic)
- Pajamas

Winter (Approx. November – April):

- Base layers (Long Underwear)
- Mid-Layers
- Winter Coat or Rain Jacket
- Snow pants or Rain pants
- Winter boots
- Socks (Wool or Synthetic)

Personal Gear:

- Backpack
- Shampoo and soap
- Toothbrush and Toothpaste
- Medications
- Reusable Water Bottle

Optional:

- Backpack
- Baseball Cap
- Sunglasses
- Money for Store
- Flashlight
- Camera
- Insect Repellent
- Sunscreen
- Journal or Writing Material