

Spoutwood Family Farm Gear List

This list covers everything you'll need for the trip, including what you'll be wearing on Monday.

NO ELECTRONICS MAY BE BROUGHT ON THE TA TRIPS – THIS INCLUDES CELL PHONES, IPODS, MP3 PLAYERS, ETC.

- One large bag to hold all your gear
- Bicycle, helmet, water bottle, lunch, and light backpack for the bike ride to and from the farm.
- Bowl and Spoon
- Small flashlight or head lamp
- 2 sets of comfortable clothes
- Farm clothes: long pants, light long sleeve shirt, hat with a brim or a sun hat
- Swim suit
- Medium sized towel
- Rain gear (rain jacket, rain pants).
- 5 pairs of socks (non-cotton if possible)
- 5 pairs of underwear (a change per day)
- 1 bandanna
- Backpacking sleeping bag (easily compressed)
- Compact sleeping pad
- sneakers for biking
- Toiletries - 1 small bottle of biodegradable soap, toothbrush, toothpaste
- 1 small tube of sunscreen
- Hiking boots with adequate ankle support. Wearing them on the farm will help break them in.

- Water shoes that will not fall off in moving water. Strap-sandals or Keen-style water shoes are recommended. Flip flops or crocs are also OK on this trip for wearing during down-time.
- 2 one-liter sized water bottles or 1 bottle and 1 water bladder.
- NC Journal and writing utensil, a book if desired.

NOTES:

- Mark your name in permanent marker on all items.
- Clothing, socks, and underwear etc. should be packed in waterproof bags such gallon Ziploc baggies.
- NO ELECTRONICS MAY BE BROUGHT ON TA TRIPS.