



MOSS Summer Programs Packing List

The following is a basic gear list. Our recommendations are intended to maximize your ability to enjoy your experience.

Clothing Essentials

- raincoat/windbreaker
- 1 pr. lightweight nylon shell pants (not often needed in summer)
- 1 pr. Hiking shoes or boots (Good sneakers work for this)
- 1 pr. of sandals
- 5-6 pr. socks
- 4-6 t-shirts
- 1-3 pr. shorts
- 1 mid-weight long-sleeve top
- 1 long underwear or mid-weight bottoms
- 1 fleece or wool top
- 1 pair of comfortable pants
- 1 Bathing suit
- 1 baseball cap or sun hat
- sunglasses
- synthetic or wool beanie/skullcap

Synthetic fabrics provide more comfort than cotton when they have gotten wet due to perspiration or precipitation. Synthetic fabrics include materials such as nylon or polyester.

Toiletries

- toothbrush/toothpaste
- ~~insect repellent~~ UB Provides – bring if you need a specific brand
- ~~sunscreen~~–UB Provides – bring if you need a specific brand
- deodorant
- shampoo
- soap
- lip balm
- ~~basic first aid kit (A comprehensive first aid kit is provided by the field instructors-(UB Provides)~~
- any other toiletries used on a regular basis
- any medications required (students will be asked to check these into the office to ensure safe use)

Other Essentials

- sleeping bag (Upward Bound has some if you need to borrow one)
- pillow
- towel
- 2 water bottles (32 oz. Gatorade/Powerade bottles work well)
- headlamp or flashlight and batteries
- ~~day pack to carry supplies in (2 water bottles, lunch, extra layers, etc.)~~ UB provides a light bag for this purpose
- camera or other desired electronics*

* Please note any electronics that can connect to the internet or cell phones will be collected by staff at the beginning of the program. Students will have access to these devices during free time only. Digital books and cameras are the exception. If parents need to get a hold of students during other times please call the main MOSS phone number (above) or the on call staff (information provided at drop off).