



# LEADERSHIP CHALLENGE WEEKEND

## Packing List

Participants attending “Leadership Challenge Weekend” will bring the following items:

|       |                                     |      |  |
|-------|-------------------------------------|------|--|
| 1     | <b>Sleeping Bag w/ Sleeping Pad</b> | 1    | Swimsuit ( <i>one-piece for females</i> )  |
| 1     | Small Pillow ( <i>optional</i> )    | 1    | Sports bra ( <i>females</i> )              |
| 1 pr  | Blue jeans or other rugged pants    | 1 pr | Running Shoes ( <i>should have tread</i> ) |
| 1     | Long sleeve shirts or sweat shirts  | 1    | Bath Towel and Washcloth                   |
| 2     | Short sleeve shirts or T-shirts     | 1    | Set Toiletries                             |
| 4 prs | Underwear                           | 1 pr | Shower shoes ( <i>Flip-Flops</i> )         |
| 4 prs | Socks                               | 1    | Sports Bottle                              |
| 1 pr  | Boots/Hiking Boots                  | 1    | Wristwatch ( <i>optional</i> )             |
| 1 pr  | Gloves                              | 1    | Bookbag ( <i>backpack</i> )                |
| 1     | Knit Cap                            | 1    | Ink Pen                                    |
| 1     | Cold Weather Jacket                 | 1    | Pencil                                     |
| 1 set | Sweat clothes/Warm-up suit          | 1    | Small Notebook or pad                      |
| 1     | Shirt for Physical Training (PT)    | 1    | Disposable Camera ( <i>optional</i> )      |
| 1 pr  | Shorts for Physical Training (PT)   |      |  |

It is assumed that one set of clothing (listed above) will be worn on arrival day. Go to [www.weather.com](http://www.weather.com) and check the weather report for zip code 05663. If training is scheduled for outdoors and you do not have the appropriate clothing, i.e., jacket, hat and gloves, you will not be able to participate in that activity.

### Mark Your Equipment and Clothing with Permanent Marker!

Clothing will not bear logos or emblems that would be considered inflammatory or offensive to any group or organization. Foul language, sexually explicit or demeaning comments, racial slurs, and advertisements for alcohol or tobacco products are examples.

Cell phones are permitted for use during personal time. If used during training they will be confiscated. iPods may be used during personal time as well. However, they are your responsibility and we do not recommend bringing them for the weekend.

If you have any doubts about what to bring please contact the LCW/FLC office at (802) 485-2531.

### What Not To Bring

|                         |                             |                     |
|-------------------------|-----------------------------|---------------------|
| Camouflage Clothing     | Tobacco Products            | Alcoholic Beverages |
| Weapons of any kind     | Knives, Pocket or Otherwise | Illegal Drugs       |
| High Dollar Value Items | iPod/Walkman/Discman        | Boom Boxes          |

***If it's not on the packing list...you don't need it!***

Participants will be living in close quarters with other participants. There are no wall lockers to secure high dollar items. Bring no more than \$20.00 in cash. Additional funds to purchase items from the campus bookstore or snack bar should be brought in the form of traveler's checks.