

Summer Journey 2023 Packing List

- Essential clothes

- Activewear/Clothes Appropriate for Hiking (In Hot or Cold Weather)
- Swimsuit & Dark T-Shirt + Shorts That Can Get Wet (Male & Female)
- Tennis Shoes for Hiking*
- Daily Wear Closed-Toed Shoes
- Water Shoes (appropriate white-water rafting, like chacos or tevas.)
- Sandals
- Socks
- Undergarments
- Warm Clothing for Evenings
 - Sweatshirts
 - Sweatpants
- Everyday Clothing (Seattle can be hot in the day and cold at night!)
 - We recommend a mixture of shorts, jeans, short sleeves, and long sleeves.
- Rain Jacket
- Pajamas
- Face Masks

A note on clothing & footwear: We ask that every participant (male and female) take into consideration their unique body type and pack appropriate clothing accordingly. Please avoid see-through clothing or clothing that can be revealing when participating in active games. Mid-week we will be leaving on an excursion that will include a hike and white-water rafting. We ask that students bring hiking or running shoes as well as a pair of shoes made for the water that will protect the foot while rafting (Chacos or Tevas are also a good alternative). Vans, Converse, and other day-to-day closed-toed shoes, though stylish, will likely give you blisters and do not fit into the category of "active shoe."

- Toiletries

- Toothbrush
- Shampoo
- Body wash
- Brush
- Deodorant
- Sunscreen
- Bar Soap
- Bath Towels
 - Washcloths
- Beach Towel
- Aloe (optional, but helpful)
- Bug spray
- Flip flops for showers

- **Linens**
 - Sheets (Dorm Beds are Twin/Twin XL)
 - Pillow
 - Blanket(s) or Sleeping bag

- **Other Important Items**
 - Bible
 - Journal
 - Pens
 - Re-usable Water Bottle
 - Backpack (Daily Use to Hold SJ Book & Other Valuables. Also useful for our Hike!)
 - Chapstick
 - Spending money (Not required, but recommended)
 - Snacks for Room (in case you desire to munch between meals. We will also have some snacks stocked in our dormitory lounge at all times)
 - Medication
 - *If brought, it needs to be in its original container and checked in promptly at registration.

- **What NOT to bring:**
 - Valuables
 - Drugs
 - Cigarettes
 - Alcohol
 - Knives or weapons

Questions about the packing list? Email us at summerjourney@northwestu.edu.