



LEADERSHIP CHALLENGE WEEKEND

Packing List

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

1	Sleeping Bag w/ Sleeping Pad	1 pr	Athletic Undergarments (sports bra, boxer briefs, etc.)
1	Small Pillow (<i>optional</i>)	2 sets	PT Clothes (athletic shorts & t-shirts)
2 pr	Blue jeans or other rugged pants	1	Swimsuit (1-piece)
1	Long sleeve shirts or sweat shirts	1 pr	Running Shoes (<i>should have tread</i>)
2	Undershirts	1	Bath Towel and Washcloth
3 prs	Underwear	1	Set Toiletries
3 prs	Socks, wool	1 pr	Shower shoes (<i>Flip-Flops</i>)
2 pr	Socks, athletic	1	Sports Bottle
1 pr	Boots/Hiking Boots	1	Wristwatch (<i>optional</i>)
1 pr	Gloves, insulated	1	Bookbag (<i>backpack</i>)
1	Knit Cap	1	Ink Pen
1	Waterproof, insulated, winter coat	1	Pencil
1	Snowpants	1	Small Notebook or pad
1 set	Sweats/Warm-up suit	1	Disposable Camera (<i>optional</i>)
1 set	Sleepwear		

It is assumed that one set of clothing (listed above) will be worn on arrival day. Go to www.weather.com and check the weather report for zip code 05663. Training is scheduled for outdoors. Bring weather appropriate clothing and dress in layers.

Mark Your Equipment and Clothing with Permanent Marker!

Clothing will not bear logos or emblems that would be considered inflammatory or offensive. 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 and returned at the end of the conference.

If you have any questions, please contact us at (802) 485-2531.

What Not To Bring

Camouflage Clothing
Weapons of any kind
High Dollar Value Items
Laptops, iPads, etc.

Tobacco Products
Knives, Pocket or Otherwise
iPod/Walkman/Discman
Alcoholic Beverages

Illegal Drugs
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 or cash.