

ESSYI Packing List

Be prepared for a range of weather, from hot to *very cold!* We will spend a lot of time outside! Your student dorm room will have air condition. There will be free laundry facilities in the dorm. Note: if you do not think your student will do laundry on campus please pack accordingly. **Sheets, one light blanket, a pillow, and bath towels are provided.**

Required Items

Clothing

- Multiple t-shirts/tank tops
- 3-4 pairs of shorts
- 1-2 long sleeve shirts and sweatshirt
- 1-2 pairs long pants/jeans
- Fleece, sweater, or other jacket (Nights can get cold!! It can go down to the 40s at night)
- Rain coat/gear** (This item is absolutely required, as it will significantly improve your outdoor experience.)
- 7-8 pairs of socks and undergarments (tall socks, too)
- Hiking boots or comfortable, sturdy walking/climbing shoes or sneakers (these are essential)
- Old sneakers or water shoes (that can get wet while canoeing)
- Sandals (Chacos, Tevas and Keen-like water sandals are also good for the canoe trip, but can be comfortable to wear around campus too)
- Sleepwear (again, be prepared for all temperatures at night, from hot to cold!)
- Baseball cap or sun hat
- Knitted winter hat (you will most likely sleep in this while camping and in the mornings)
- Shower shoes or flipflops

Personal Hygiene Supplies

- Backup glasses or contacts, in case of emergency
- Toothpaste, toothbrush, shampoo, soap, shaving gear, deodorant, hairbrush, etc.
- Sunscreen
- Bug repellent

Other items

- Sleeping Bag (you need one for cold weather, **NOT** a lightweight sleeping bag)
- Alarm clock (battery powered w/ batteries) if a student does not have their phone.
- Swimming suit and beach towel
- Backpack for day trips (big enough for a notebook, rain jacket, water bottles, lunch, camera, etc.)
- Water bottle
- Flashlight or headlamp
- Reusable lunch bag
- Pens and/or pencils

Optional Items

- Rainboots (please bring this item IF you have them, otherwise we will provide them)
- Small fan (the dorms can get quite hot)
- Rain pants (waterproof pants for camping, canoeing, hiking)
- Waterproof backpack cover
- Camera and charger
- Sunglasses
- Spending money (The **only** opportunity to use spending money during ESSYI is at our College Store on campus.)
- Cell phone and charger
- Frisbees, soccer balls, guitars, cards, etc. for free time

College Store: Snacks, stationary, books and personal items are available at the College Store on campus.

About Luggage: If possible, we urge you to bring a soft-sided duffel type bag rather than a rigid suitcase. We will be in a camp ground on our trip to the Adirondacks. You will need to take **some**, but certainly not all of your gear with you for that excursion and packing large suitcases into our vans can be a problem. If you have a duffel type of bag you can bring, please do so, but it is not necessary to purchase one.

Adirondacks

We will be in a camping for 4 nights in the Adirondacks. We will be setting basecamp at a camp ground on Lake Eaton. You will not need to carry all of your belongings for the duration of this excursion. Plan accordingly.

Parent Care Packages

If you choose to send a care package to your student you can send it ahead of time and our ESSYI staff will place in their assigned room for arrival or put in the mail the Friday before the program starts to make sure it arrives on time and not while we are in the Adirondacks during week two. Student packages can be mailed to the following address.

Professor Jamie MaKinster
"Insert Student Name"
ESSYI
300 Pulteney St.
Geneva, NY 14456