VERMONT EXPLORATIONS
PACKING LIST

If you have any questions about the packing list, please do not hesitate to email the MiddView Trips interns, Jack and Rod, at trips@middlebury.edu.

General Packing List:
All students on VE trips should bring this stuff AND the stuff listed on subsequent pages which is specific to each trip.

- Back pack (regular book-bag style and size)
- shorts and t-shirts
- at least one sweatshirt/sweater
- at least one pair of jeans/pants
- rain jacket
- sunscreen
- sunglasses
- soap
- toothbrush/toothpaste
- socks
- underwear
- comfortable closed-toe shoes for walking (running shoes, sneakers etc.)
- notebook
- pens/pencils
- prescription medications, allergy medicine, bee sting kit, inhalers, epinephrine, if you need or might need them
- water bottle
- hat

We strongly recommend that cell phones not be used during trips and we strongly advise against bringing laptops, iPads, tablets etc.

Okay! Now go find the packing list specific to your trip on one of the next pages!
Trip Specific Packing List:
Find your trip assignment and then be sure to bring or request any additional items that you need.

**MUST READ:** Any items in this awesome purple color can be borrowed (for free!) from our gear room. We have a limited supply of these items. These items must be reserved in advance on the Gear Borrowing Request Form and are available on a first-come, first-served basis. If you don’t reserve them by **JULY 19TH AT 5PM**, we will not have them for you when you arrive! DO NOT FILL OUT THE GEAR BORROWING REQUEST FORM UNTIL YOU READ YOUR TRIP SPECIFIC PACKING LIST ON ONE OF THE FOLLOWING PAGES!

- **Vermont Studio Tour**
  - A couple of casual/presentable outfits for touring local art studios and museums
  - Clothes you feel comfortable getting dirty (ex. At the local pottery studio)

- **Photography**
  - At least a basic point-and-shoot camera (email trips@middlebury.edu if you don’t have one.)
  - Clothes and closed-toe shoes for a leisurely hike

- **48 Hour Play Write Festival**
  - Sleeping Bag
  - Sleeping Pad (closed cell foam or Thermarest style: you’ll be staying inside at a local theatre studio!)
  - A casual/presentable outfit for performing
  - Plastic bowl and a spoon

- **Baking in VT**
  - Clothes you don’t mind getting dirty (you might get covered in flour!)
  - Closed-toe shoes are required

- **Vermont is for Writers and Storytelling**
  - Clothes and closed-toe shoes for a leisurely hike
  - Your favorite notebook and pen/pencil

- **Vermont Media Tour**
  - A couple casual/presentable outfits for meeting with local journalists

- **The Music Scene in VT**
  - A couple of casual/presentable outfits for touring local music venues
  - An instrument (if you have one)

- **Vocal Music**
  - A couple of casual/presentable outfits for meeting with vocal coaches and possibly performing
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MIND AND BODY

Metta Earth Institute
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Flashlight or headlamp
- Clothes you feel comfortable getting dirty
- Closed-toe shoes
- Comfortable clothes to do meditation and yoga in

Capoeira
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Flashlight or headlamp
- Athletic Clothing
- Plastic bowl and a spoon

Rhythm and Dance
- Comfortable clothes you can dance in

Yoga
- Comfortable clothes to practice meditation and yoga in
- Clothes and closed-toe shoes for a leisurely hike
- A yoga mat (if you don’t have one, one will be provided.)

Aikido
- Athletic clothing
Trip Specific Packing List:
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**Vermont Farm Tours**
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Flashlight or headlamp
- Biking Clothes
- Plastic bowl and a spoon

We have the biking gear below available to borrow, but please bring your own if you have it and are able to transport it—we will inspect it and give you the go-ahead!

- Touring Bike
- Helmet

**Sustainable Architecture**
- Clothes you can work in and don’t mind getting dirty
- Closed-toe shoes

**The Science of Local Politics**
- 3 casual/presentable outfits for meeting with legislators

**Food Systems**
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Flashlight or headlamp
- Clothes you don’t mind getting dirty
- Plastic bowl and a spoon

**History and Ecology of Vermont and Lake Champlain**
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Flashlight or headlamp
- Clothes you don’t mind getting dirty and wet
- Plastic bowl and a spoon

**Sustainable Agriculture**
- Sleeping Bag rated to at least 32F
- Sleeping Pad (closed cell foam or Thermarest style)
- Clothes you don’t mind getting dirty
- Clothes and closed-toe shoes for a day hike
- Plastic bowl and a spoon
- Flashlight or headlamp

**Alternative Energies**
- Clothes and closed-toe shoes for a leisurely hike
- One casual/presentable outfit for meeting with experts in the field of alternative energies
- Set of shoes/clothes you don’t mind getting dirty (you’ll be tour a farm that converts manure to energy!)