

Packing List: VISIONS Montana Northern Cheyenne

PLEASE NOTE

- The weather can be variable from season to season and from daytime to nighttime, particularly during our camping trips. A typical work day will be in the 70s (Fahrenheit), and t-shirts with shorts or jeans will be the standard outfit of choice. Note, however, that having layers is important since there will likely be some chilly evenings and mornings.
- Our dress code is based on the requests of our hosts, as we will be part of their community in a professional capacity. Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the [Northern Cheyenne FAQ](#) page.
- Remember that comfort and versatility are more important than fashion, and clothes will get dirty.
- We do laundry weekly and wash by hand as needed, so please don't pack more than what's listed since space is limited.
- Please label all clothing and gear with indelible ink.

*Before shopping for items and packing your bags, it is important to read our *PACKING GUIDELINES* on the [Northern Cheyenne FAQ](#) page.

DOCUMENTS (bring the following documents with you to give to your VISIONS leaders onsite)

- Copy of vaccination record
- Copy of health insurance card, front and back

PERSONAL ITEMS

- ID for flight: passport, license, student ID, or copy of birth certificate (see *PASSPORT / ID* section on the [Northern Cheyenne FAQ](#) page for details)
- Toiletries and any personal medications
- Personal hand sanitizer (program also provides, but you'll want to have 1 - 2 small containers for travel days and to have in your daypack for daily activities)
- Packet of personal disinfectant wipes for travel
- Biodegradable soap and shampoo (Dr. Bronner's is one recommended brand)
- Sunscreen
- Bath towel
- Headlamp or flashlight (for camping and reading at night)
- Sleeping bag rated to 25°F or colder (3-season bag) and compression/stuff sack. You will use the sleeping bag on a nightly basis and also on camping trips.
 - Optional: Sleeping bag liner or a bottom sheet to put on top of the foam mattress provided by the program.
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag. You will use this on a daily basis for the worksites and outings, where you'll carry your water bottle, work gloves, hand sanitizer, etc. Most students take this as a carry-on during the flight.
- Sunglasses with UV protection
- Two water bottles (or one that is at least 32 oz)

- Leather work gloves
- Laundry bag

CLOTHING

- Water-resistant hiking boots (Be sure they are well broken-in; wear them around outside your house for a couple of weeks before your trip to avoid blisters.)
- Work sneakers (You may use your hiking boots rather than work sneakers to avoid bringing an extra pair of shoes.)
- Sandals with straps (Teva, Chacos, etc.) or flip-flops (for showers, walks, etc.)
- Lightweight rain jacket
- 1 - 2 warm layers for cold nights (e.g.: wool sweater, fleece, Primaloft jacket, hoodie--at least one should NOT be cotton)
- Lightweight long-sleeve work shirt for sun protection
- 1 long-sleeve synthetic/wicking shirt (as a layer for camping)
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted; See **PACKING GUIDELINES*)
- 1 - 2 pair of jeans or other durable work pants
- 1 pair of quick-dry hiking pants (no jeans or other cotton pants)
- 2 - 3 pairs of work shorts (minimum 5" inseam; See **PACKING GUIDELINES*)
 - Shorts and t-shirts will be worn at our worksites, but also include one pair that may be nicer for town outings.
- 1 pair of wool or polypro hiking socks (not cotton)
- 5 pairs of work day socks
- Sleepwear
- Undergarments
- Baseball/sun hat
- Winter hat & warm gloves
- Swimsuit (one-piece or tankini for girls)

OPTIONAL

- Cell phone
 - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on the [Northern Cheyenne FAQ](#) for details.
- Spending money (see **PACKING GUIDELINES*)
- Camera (not a phone)
- Camp chair or portable backrest / stadium seat that sits directly on the ground (used for group meetings)
- Bug repellent (very few mosquitos; small bottle of natural repellent is plenty)
- Book (no e-books)
- Travel games, frisbee
- Musical instrument
- Bandana