

Packing List: Montana Farm & Ranch

PLEASE NOTE

- The weather can be variable, with a typical workday in the 70s (Fahrenheit). T-shirts and shorts will be the standard, but layers will be important since there may be some chilly evenings and cool mornings.
 - Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the Montana Farm and Ranch [FAQ page](#).
 - Comfort and versatility are more important than fashion, and clothes will get dirty.
 - Please don't pack more than what's listed since space will be very limited. We will most likely wash our own laundry by hand; biodegradable soap and clotheslines will be provided. The climate is dry in Montana, so clothing will dry quickly.
 - Please pack everything (your personal items and clothing) in a soft-sided duffel bag (around 70-90 liters in size that weighs under 50lbs).
 - Please label everything *including all electronics* with indelible ink.
 - Do not bring any electronics other than a phone, charger, and earbuds. Visions is not responsible for lost items & we do not have a safe place for storage of additional valuables.
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DOCUMENTS (Bring the following documents with you to give to your VISIONS leaders onsite. Also, if you have not already done so, please send a copy of these records to info@visionserviceadventures.com or text to 406-551-4423.

- Copy of vaccination record (if applicable)
- Copy of health insurance card, front and back

PERSONAL ITEMS

- ID for flight: passport or driver's license, *or* student ID, *or* copy of birth certificate
- Personal medications
- Toiletries and biodegradable soap and shampoo for showering (Dr. Bronner's is one recommended brand). Please do not bring large-sized containers of toiletries; think along the lines of camping and limited space. If you run out, more can be purchased or borrowed.
- Face masks
- Sunscreen (VISIONS also has supplies)
- Bath towel and small hand towel (You may consider a camp or chamois towel to keep it light)
- LED Headlamp and extra batteries (for camping and reading at night)
- Sleeping bag rated to ~ 25 °F (3-season bag) and compression/stuff sack. You will use the sleeping bag on a nightly basis. We recommend synthetic filling versus down.

- 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 (can be used as a carry-on for flight)
- Sunglasses with UV protection and w/ a secure strap (i.e. Croakies)
- Two water bottles
- Leather work gloves
- Journal
- Laundry bag
- Mess Kit (cup, bowl, spoon)

CLOTHING

- Water-resistant hiking boots (Be sure they are well broken-in; wear them around for a couple of weeks before your trip to avoid blisters.)
- Work sneakers (Or you may use your hiking boots rather than work sneakers to avoid bringing an extra pair of shoes.)
- Sandals with straps (Texas, Chacos, etc.)
- Flip-flops (for showers, walks, etc.)
- Rain jacket and rain pants (make sure you can layer under it.)
- 1 - 2 warm layers for cold nights and mornings (e.g.: fleece pullover)
- Light-weight Primaloft/synthetic jacket (non-cotton)
- Lightweight long-sleeve work shirt for sun protection
- 2 long-sleeve synthetic/wicking shirt (non-cotton) as a layer
- 2 pair of fleece or synthetic/wicking pants (non-cotton)
- 4 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted; tank tops are okay)
- 1 pair of jeans or other work pants
- 1 pair of quick-dry hiking pants
- 2 - 3 pairs of shorts (at least mid-thigh length; NOT short-shorts)
- 2 pairs of wool or polypro hiking socks—absolutely no cotton
- 4 pairs of workday socks
- Sleepwear (we suggest wearing your long underwear)
- Undergarments
- Baseball/sun hat
- Hat & gloves for chilly nights (We recommend a wool or fleece hat.)
- Swimsuit (one-piece or tankini for girls)

CAMPING GEAR

- [Sleeping Pad](#) for backpacking trip; e.g., Big Agnes or Thermarest (a thicker sleeping pad/camp mattress is provided by VISIONS for the rest of the program)
- [Backpack](#) (40 - 55 liters in size)
 - This will be used for the backpacking trip and will need to hold your sleeping bag, one set of warm clothing (from long underwear to outerwear), two water bottles (or water bladder bag, if you prefer), meal mess kit (provided by VISIONS),

sleeping pad, snacks, toiletries, and a bit of extra space for communal group items (food, cookware, etc.). The size of your pack will be greatly determined by the bulkiness of your sleeping bag. This pack can be used as a checked bag or placed inside a large duffel bag; if it's particularly compact, then it may even be used as a carry-on (check your airline's regulations)

- 1 or 2-man tent with optional ground tarp/ footprint

Please note VISIONS provides backpacking tents, backpacks, and sleeping pads free of charge. However, feel free to bring your own! Our backpacks are the internal frame and sleeping pads are backpacking inflatable pads.

OPTIONAL

- Cell phone (While you will not use this during the program, it is helpful for airport logistics and calls home.)
- Spending money (no more than \$40, and see *PACKING GUIDELINES* for details)
- Camera (not a phone)
- Bug repellent (~4 oz; there shouldn't be many bugs)
- Book (no e-books)
- Travel games, frisbee
- Musical instrument (there will be time to play around the campfires!)
- Bandana
- Letter writing materials including stamps
- Crazy Creek or camp chair (that is lightweight and compatible)
- Watch with an alarm clock

https://docs.google.com/document/d/1exedqz3CFCLzZSAgAWk8hiIddXI_Bv3FP8WP4BNxcmA/export?format=pdf