



SKYTERRA YOUNG ADULT PACKING LIST

CLOTHING

- Sunglasses
- Hat
- Pants, shorts, leggings, long/short sleeve shirts, socks, long socks for hiking, underwear, sports bras, workout outfits, rain jacket, hiking socks, swimsuit, layers for camping
- Two pairs of shoes (one athletic/running, one outdoor/hiking)
- Hiking boots or a trail runner sneaker are highly recommended
- Water shoes
- Sandals (optional for lounging).

Note: Laundry is available weekly on campus.

TOILETRIES

- Personal hygiene items (toothbrush, toothpaste, deodorant, hairdryer, shampoo, body wash, lotion, feminine hygiene products including tampons and pads, etc.)

Note: Skyterra Young Adult does not provide personal hygiene items for guests.

IMPORTANT DOCUMENTS

- Photo ID (permit, license, student ID, or passport)
- Health insurance card
- Debit or credit card or small amount of cash for purchase of personal items (toiletries and ancillary expenses).

HEALTH

- 30-day supply of medications and prescriptions, if applicable
- Inhaler/Epipen, if applicable
- Preferred brand sunscreen or insect repellent.

TECH

- Cell phone is OK. Please leave laptops, iPads, gaming consoles, etc. at home unless otherwise arranged
 - *Optional:* A watch or fitness wearable (such as an Apple Watch, FitBit, etc.).



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OPTIONAL

- Water bottle (32 oz bottle is recommended; we provide one as well)
- Day pack for hiking (we provide a backpack)
- Personal planner (we recommend daily 15 or 30-minute increment calendar)
- Personal hobby items such as musical instruments, reading, coloring, and other quiet activity options for personal down time
- Comfort items from home such as a cozy blanket, pictures of friends and family, etc.
- Slippers
- Letter-writing supplies.

SYA WILL PROVIDE

- Bed linens
- Bath towels
- Beach towel
- Sunscreen and bug spray
- SYA backpack
- SYA sports water bottle.