

## MOUNTAIN SCHOOL PACKING LIST

Please carefully look over the following checklist and check each item as it is packed. If you have trouble coming up with any of these items, please let your teacher know well before your Mountain School visit, and we will be happy to provide them for you. Also, please label your belongings! **When you arrive at Mountain School, come dressed ready to spend the day outside. You should arrive with your backpack ready to go and your overnight bag packed separately.**

### Backpack—packed with the seven items listed below:

- Rain jacket (and rain pants if you have them)
- Warm fleece or jacket
- Warm hat, preferably wool
- Warm gloves
- Water bottle (watertight, so you can carry it in your bag without leaking)
- Sack lunch for the first day
- Quart-size zip lock bag for journal, with pencil

### In another bag, backpack, or suitcase, please pack the following:

- Shoes for playing and learning outside (1 pair of sturdy water-resistant hiking boots OR 2 pairs of sneakers - extras for when 1 pair gets wet. No sandals or open-toed shoes)
- 3 pairs of wool or synthetic socks
- Long underwear, leggings, or thick tights
- Underwear (3 changes)
- 2 pairs of long pants
- Warm sweater or sweatshirt
- Long sleeve shirt and 2 other shirts
- Towel and washcloth
- Warm sleeping bag, or bedroll with sheet plus blanket

**\*\*\* Each lodge room includes a fitted sheet, pillow, and pillowcase for every bed.**

### In a zip lock or toiletry bag labeled with your NAME, please pack the following:

- Toothbrush and toothpaste
- Soap
- Sunscreen
- Personal toiletries

### Give to your teacher:

- Approved medications and written directions (with your name on it—teacher will oversee all medications)

### Optional:

- Camera and extra battery or film
- Binoculars
- Book to read at free time or bedtime

\*Do NOT bring any candy, gum, extra food, blow dryers, hair spray, hair gels, makeup, games, iPods, cell phones, computer games, knives, or money!

\*Please bring only what you will need and pack tightly. **You are responsible for carrying your own belongings approximately 0.3 miles uphill from the bus to your lodge room.**