

## GLEN HELEN OUTDOOR SCHOOL SUGGESTED PACKING LIST

Field exploration is central to the Outdoor School experience and we will be outside as much as we can be during your time here! Please pack weather-appropriate clothing items that will serve you well when hiking, playing, and exploring outside.

Remember that you'll be carrying all of your own luggage, so don't bring more than you can carry up a small hill, through gravel, in one trip! We recommend a bedroll, a bag with clothing and toiletries, and a backpack that can be carried on trail.

All luggage should be marked with your name - you will be sharing dorm space with your classmates and it is easy to get unlabeled items mixed up.

### Bedding

- Pillow
- Sleeping bag or fitted twin sheet + blanket

### Clothing

- Pajamas
- Raincoat or poncho
- Weather-appropriate coat
- Pants or shorts (2-3 pairs)
- Sweatshirt (1-2)
- Shirts (4-6, layers)
- Underwear
- Socks (4-5 pair)

### Footwear

- 1 pair sturdy shoes for hiking (closed-toe preferred)
- 1 pair shower shoes (flip-flops)

### Toiletries

- 1 reusable water bottle
- 1-2 towels + washcloths
- Soap in a box
- Shampoo + conditioner
- Toothbrush + toothpaste
- Comb/brush
- Lip balm

- Deodorant

### Miscellaneous

- Book/Quiet Activities
- Water bottle
- Backpack/Fanny-pack
- Extra bag for dirty clothes
- Cloth napkin for mealtimes (we do not use paper napkins!)

### Optional Items

- Camera
- Binoculars
- Tissues
- Slippers
- Chapstick
- Sunscreen
- Insect Repellent
- Bathrobe
- Compass
- Small field Notebook

### Strictly Prohibited Items / Do Not Bring:

- X Weapons of any kind (including pocket knives)
- X Money (other than for campstore)
- X Hair dryer/curling irons/straighteners
- X Chewing gum/candy
- X Electronics (including cell phones, games)

### Documents & Signed Forms Required for Attendance:

- |  |   |
|--|---|
| <input type="checkbox"/> Student Health Form                     | <input type="checkbox"/> Medical Waiver & Consent for Treatment |
| <input type="checkbox"/> OS Release & Liability Waiver           | <input type="checkbox"/> Photo Release                          |
| <input type="checkbox"/> Medical Administration Form (if needed) |   |

### Cold Weather Considerations

The key to staying warm in the cold is dressing in **LAYERS**:

- **Wicking Layer** – closest to the body, wicks away sweat and moisture. Polypropylene, nylon, thermax, wool, silk are all better than cotton on this bottom layer!
- **Warmth Layer** – fleeces, sweaters, and sweatshirts to insulate you. Can be 1 or a few, depending on how cold it is.
- **Weatherproof Layer** – something water- and wind-proof to keep the elements out.

In Cold Weather, please add (or substitute) the following to your clothing list:

- 1 warm hat or ear covering (very important!)
- 1 winter coat or fall jacket
- 1 set of long underwear or extra pairs of warm pajamas for layering purposes
- 2 pairs warm mittens or gloves (Very important!)
- 3-5 pairs warm socks (in cold months, warm socks are extra important!)
- 1-2 sweatshirts or sweaters
- 1 pair waterproof boots that can fit with wiggle room over 1-2 pair of socks

**Reminder** - If you don't have some of the essential items, you can substitute or improvise: Ponchos can be used as raincoats, two sweaters and a windbreaker can serve as a heavy jacket.