

CLOTHING & EQUIPMENT LIST FOR STUDENTS

Following is a **suggested** list of items to bring. Please **do not** put your family to any needless expense. Bring older clothing and equipment that you may already have around your home. The main thing is to have enough clothing so you can **keep warm** if the weather is cold and **keep dry** in case of rain. Choosing **fleece** (or another warm, quick-dry fabric) **is better than cotton**, which takes much longer to dry once wet. Your parents can help you decide what clothing is best to keep you clean, warm and dry.

Students and Parents: Please read the **Outdoor School Student Guidebook**, which is available on our website: www.nwresd.k12.or.us , click on "Outdoor School" then "Student Forms & Guidebooks".

SLEEPING GEAR:

- Warm sleeping bag and pillow
- Extra blanket if sleeping bag is light
- 2 Extra Large Garbage Bags (for packing)

CLOTHING:

- Shirts (2 or 3)
- Jeans or heavy pants (3 or 4 pair)
- Warm jacket
- Warm hat
- Sweatshirt (fleece is best)
- Underwear (3-4 changes)
- Socks (4-6 pair)
- Pajamas
- Extra pair of shoes
- Thermal Underwear/Long Johns
- Gloves
- WATERPROOF RAINCOAT**
- WATERPROOF BOOTS**
- WATERPROOF HAT/HOOD**



TOILETRIES:

- Bath towel
- Wash cloth & Hand towel
- Toothbrush and Paste
- Soap and container
- Comb/brush
- Sun Block Lotion (pack in a Ziploc to prevent mess)



OTHER IMPORTANT GEAR:

- Flashlight
- Water Bottle with tight fitting screw top
- Small Daypack
- Gallon-size Ziploc Bag (1-2 extra are helpful)
- Pencils (at least 2 with sharp tips & erasers)

OPTIONAL:

- Camera
- Reading Book/Journal (for quiet cabin time)
- Letter writing materials:
(Paper, envelopes, postcards, pencils, & **stamps**)
- Shorts – may only be worn at times approved by staff.
- Flip Flops/Water Sandles (for showering)

Medications: must be handed to teacher in original OTC or Prescription packaging (see health form).

DO NOT BRING: Improperly labeled medications, money, electronic items (mp3/ipods, **CELL PHONES** & video games), hair dryers, make-up, hair spray, perfume & body spray, matches & lighters, knives or things to eat—including candy or gum. Please leave bathing suits, tank tops and halter tops at home. Pack your gear in a suitcase or duffel bag. **DO NOT bring** a large backpack with an external frame. Your teacher will tell you about any other items you will need to bring.

We recommend you mark your first & last name on ALL of your items with a permanant marker.

PLEASE LEAVE ALL "VALUABLE" ITEMS AT HOME.

OUTDOOR SCHOOL IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS!