

Cal-Wood Education Center

Personal Equipment List

Cal-Wood Education Center is located at an elevation of 7,800 feet. The weather in the mountains is subject to sudden changes. It is important to be prepared for rain, snow, or intense sun.

TO BRING:

- ☐ Sack lunch for first day
- ☐ Water Bottle that does not leak (old soda bottles are OK) - at least 1 quart/ liter
- ☐ **Day Pack** ("school" backpack to carry lunch, journal, water bottle, and extra clothing each day)

Equipment:

- ☐ Winter coat or jacket
- ☐ Long underwear or an under layer
- ☐ Warm gloves & hat
- ☐ Sweater or sweatshirt (wool or fleece is best)
- ☐ Socks (make sure some are warm wool socks)
- ☐ Snow pants (just in case)
- ☐ Hiking boots or sturdy shoes (Snow boots are advisable from Oct-April – it's better to be safe)
- ☐ Sun hat or cap (all year round)
- ☐ Rain gear (if poncho, make sure it is durable plastic)
- ☐ Full change of clothes- pants/shirts/underwear/socks etc. (keep in mind the length of your visit to determine the # of clothing changes)
- ☐ Sleeping bag or warm bedroll & small pillow (securely packed in stuff sack or bag)
- ☐ Sleeping pajamas
- ☐ Pen & Pencil
- ☐ Sunglasses (all year round)
- ☐ Plastic bags to cover socks inside shoes (if student doesn't have snow boots – Oct-April)
- ☐ Positive Attitude!

Personal Items (Toiletries):

- ☐ Toothbrush & Toothpaste
- ☐ Brush or Comb
- ☐ Washcloth & Towel
- ☐ Soap & Shampoo
- ☐ Sunscreen (SPF 30 or higher – all year round)

Optional Items:

- bandanna, books, camera, flashlight, field guides, binoculars, art supplies, tissue for runny noses
- house shoes or slippers for lodge (outside shoes are not allowed inside lodge)
- extra pair of shoes in case 1st pair gets wet

NOT to Bring:

- snacks, junk food, chewing gum, candy (snacks may only be brought if there is a medical need)
- electronic equipment such as curling irons, blow dryers, radios, mp3 players, hand-held video games,
- cell phones (no reception available)
- knives, fireworks, matches/lighters
- money or anything valuable
- worries

Remember: Students should be able to carry their belongings ¼ mile uphill to the cabins!