



OUTDOOR EDUCATION LABORATORY SCHOOLS STUDENT CHECKLIST

1. We encourage students to pack gear *with* their parents so that they know what they have. Students need to be able to find all of their items in their bags.
2. Items listed on the following page(s) are considered to be a typical minimum list for a one-week's stay at the Outdoor Lab Schools--Mt. Evans or Windy Peak.
3. Both schools are located in the mountains at an elevation of 8,200 feet. Frequent changes in weather are the rule, not the exception. Changes in the weather mean frequent changes of clothing. Past weather records indicate *winter weather* can occur any time from the first of September through the fifteenth of June. *Mild weather* can also occur any time. Therefore layering of clothing is recommended.
4. Parents, if at all possible, do not buy clothing and equipment for this one week. Utilize what you already have. If necessary, borrow any clothing or equipment items you may not have. Thrift stores are an excellent source for near new clothing or hiking boots.
5. It is preferred that you waterproof your student's hiking boots to ensure dry feet in all weather conditions. Also, be sure that your child can properly lace and tie their boots.
6. All bunkhouses are adequately heated; therefore a comfortable sleeping bag of fiberfill or light down is sufficient.
7. Eye protection (sunglasses). High intensity light from bright sun and winter glare off snow, even on cloudy days, can cause injury to the eye.
8. All medications, on Monday of the day of departure, including cough drops and vitamins are to be packed separately from the duffel bag/luggage and turned in to the clinic aide upon arrival at the home school. All medications should be clearly identified by the child's complete name. All medication must be kept in its original container with accurate labels.
9. **All items should be clearly marked with the child's name. Students are responsible for their own belongings.**
10. **ITEMS NOT TO BRING:** Radios, ipod – MP3 players, cell phones (no service on sites), 2-way radios or electronic games, candy, gum, knives, make-up, or any toiletries in a spray (aerosol) or pump bottle. Hair dryers, curling irons, for safety reasons and energy/resource conservation.

Outdoor Lab is not responsible for broken, lost, or stolen items.



DESCRIPTION	PURPOSE	R =Required O= Optional	QTY
Day-pack or backpack (without wheels)	To carry gear & supplies for class	R	1
Ski cap (beanie) Oct – April	Maintain body temp and prevent heat loss	R	1
Hat or Cap April - Oct	Shade neck & face	R	1
Heavy coat (not hoodie)	For inclement weather and cold nights	R	1
Light coat and/or sweater	For mild/warm weather and/or daytime	R	1
*Waterproof jacket, raincoat, or poncho	Heavy, wet snow or rain	R	1
*Gloves or mittens (Oct-April)	Cold wet weather	R	2 pr
Long sleeved shirts	Preferred for warmth and protection from branches and sun	R	4-5
*Jeans or hiking pants	Long pants. Material is resistant to tearing and preventing scratches or cuts.	R	2-3
Shorts (for bunkhouse)	Warm weather - Sept. - Oct. and April - May	O	2-3
*Snow Pants (Oct – April)		O	1
Underwear	To encourage changing and personal hygiene	R	4-5
Long Underwear (Insulated Preferred) (Oct – April)	Inclement weather.	O	1
*Hiking or work boots	For walking through mud, snow, and water on trails	R	1
*Snow boots (Oct-April)	To keep feet warm and dry in wet/snowy conditions	R	1
*Tennis shoes		O	1
Heavy socks (Wool Crew Socks)	Inside of boots (must cover ankles)	R	3
Light socks	For light foot gear and also to wear inside of heavy socks to prevent blisters (must cover ankle)	R	4
Sleepwear	Important for health and comfort.	R	1
Pillow		R	1
Sleeping bag or bedroll		R	1
Towels and washcloths		R	2 ea
Soap & Shampoo		R	1 ea
Hairbrush & Comb		R	1
Toothbrush and paste		R	1 ea
Deodorant	NO AEROSOL	R	1
Kleenex		R	1 pk
Chapstick	Prevent chapping of lips	R	1
Water bottle	32 oz strongly recommended	R	1
Plastic Bag (Large)	For soiled or dirty clothing	R	1
Plastic Bag (Small)	For wet items (washcloth & towel)	R	1
Plastic Bag (Small) (produce bag to go over feet inside wet boots)	For dry feet in the event of prolonged wet weather	R	2
Lotion for face and hands	Restores moisture to skin (wind burn)	O	
Sunscreen lotion	Prevents burning or blistering	R	
Sunglasses	Important in summer or winter.	O	1 pr
Pencil or pens		R	4-5
Notebook		O	1
Non-electronic games	For use during bunkhouse time	O	1
Appropriate reading material	For use during bunkhouse time	O	1
Disposable Camera	Required for those in camera hike	O/R	1
Masks	Required per Health guidelines	R	5

*** Site staff may change clothing requirements to match the current weather conditions.**

Packing List Recommendations

We would like to encourage kids to make appropriate choices on attire when preparing for outdoor lab. This following can be used as a guide. Please remember that students will be outside for 4+ hours at a time and will not be able to return to bunkhouses during this time. Packing for changing weather is advised. Layers are always encouraged!

Highly Recommended	Acceptable	Not Acceptable
<p>The following are highly recommended for safety and comfort while at Outdoor Lab.</p> <p>Footwear - Waterproof boots</p>  	<p>The following are acceptable. They do not provide the same level of protection and/or comfort.</p> <p>Footwear - athletic shoes with good soles</p>   	<p>The following are not acceptable while at outdoor lab.</p> <p>Footwear - skate shoes, slip ons, little traction on sole, open toed shoes</p>    
<p>Pants - durable, thick, waterproof Hiking Pants, jeans, etc</p> 	<p>Pants - cover legs, little protection from cold, wet Sweatpants, Joggers, Leggings</p>  	<p>Shorts, crops - no leg protection</p>  

Appropriate gear for weather		
Under 30 degrees Cold weather accessories recommended 	30 degrees - 60 degrees Gloves and warm hat still recommended.	Above 60 degrees Sun Hat recommended. Gloves and warm hat optional.
Snow (or rain) in the forecast - snow pants, or weatherproof pants, warm, weatherproof coat recommended. 	Both Outdoor Lab sites have a "boutique" where students can check out gear if needed.	We strongly advise you to check the weather report to make sure you are packing appropriately. Below are links to the National Weather Service for both outdoor lab sites. Mt Evans Weather Windy Peak Weather

When packing it is recommended that students have three different bags/items:

- 1) Sleeping bag/Bedroll/Pillow - Place in a large trash bag and label students names on outside with duct tape. You may want to pack another bag to be used on the way home. The trash bag protects the bedding from dirt and weather.
- 2) Duffle Bag (student must be able to carry on their own)- All clothes, toiletries, towels, things for inside the bunkhouse. Please be sure that students know where everything is located inside the bag.
- 3) Day Pack - Regular back pack works well. In this should be anything that kids would need to have on them at all times:
 - a) Field study journal (will be provided)
 - b) Water bottle (32 oz)
 - c) Pens and pencils
 - d) Hat
 - e) Gloves
 - f) Extra Layer
 - g) Sunglasses
 - h) Chapstick
 - i) Sunscreen
 - j) Tissue
 - k) Camera

On departure day items 1 and 2 will be loaded onto a luggage only bus to be transported to the Outdoor Lab site. The day pack/backpack should stay with your child. Students should also be dressed in Outdoor Lab appropriate attire before Monday morning drop off (pants, boots, etc).