

## 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.

Day-pack or backpack (without wheels)	DESCRIPTION	PURPOSE R =Required O= Option	onal	QTY
Ski cap (beanie) Oct - April   Maintain body temp and prevent heat loss   R   1   1   1   1   1   1   1   1   1	Day-pack or backpack	To carry gear & supplies for class	R	1
Hat or Cap April - Oct	(without wheels)			
Heavy coat (not hoodie)	Ski cap (beanie) Oct – April	Maintain body temp and prevent heat loss	R	1
Light coat and/or sweater     For mild/warm weather and/or daytime     R     1       "Waterproof jacket, raincoat, or poncho     Cold wet weather     R     2 processor mittens (Oct-April)     R     2 processor manager of the processor was a processor with a processor was a pr	Hat or Cap April - Oct	Shade neck & face	R	1
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Disposable Camera Required for those in camera hike O/R 1		For use during bunkhouse time	0	1
			O/R	1
		Required per Health guidelines	R	5

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

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 "bootique" 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).