

EXPLORING NEW HORIZONS OUTDOOR SCHOOL

Dedicated to enriching
the lives of young people
through the awareness of the
beauty and diversity of nature

A nonprofit organization

P.O. Box 37
Loma Mar, CA 94021
(650) 879-0608
(650) 879-1539 (fax)
www.exploringnewhorizons.org

COUNSELOR EQUIPMENT LIST AND OTHER CRUCIALLY IMPORTANT STUFF

This is an equipment list almost exactly like the one that the students receive. It is very important that you follow the list closely. You are the one who will be responsible for the students when the weather turns wet or cold. It will be difficult for you to maintain a positive outlook if you yourself are cold, wet and somewhat unhappy. If you do not have all of the needed equipment, please try to borrow it from friends, neighbors, etc., or check thrift stores for some great bargains!

The weather in the redwoods is likely to be quite variable. We may experience warm, sunny days, drippy fog, chilly evenings, rain, or any combination of them all! Counselors who are well prepared for all types of weather will be the most comfortable, the most effective, and best able to enjoy their experience at the outdoor school. Clothing that is comfortable, warm and functional is much more important than name-brand stylish outfits. Please follow the list closely, as it has been compiled after many years of programs. Please limit your luggage to one sleeping bag and either a suitcase or duffel bag. Most importantly, be sure to LABEL EVERYTHING.

ESSENTIAL EQUIPMENT

Sleeping bag & pillow	Bathing suit (for showers)
WARM jacket	1 pair sturdy hiking shoes
<u>WATERPROOF</u> raingear	1 pair old worn shoes
2 WARM sweaters or sweatshirts	1 small backpack!
Warm sleepwear	Flashlight (new batteries)
2 long sleeved shirts	Washcloth, towel, soap
4 t-shirts	Toothbrush & toothpaste
4 pairs long pants	Shampoo & hairbrush
2 pairs shorts	Lip balm and sunscreen
5 pairs underwear and socks	2 plastic garbage bags
Baseball cap (for sun)	Watch, since you can't use cell phone
Warm hat	

OPTIONAL EQUIPMENT

Shower sandals
Disposable camera & film
Gloves (winter only)
Binoculars
Letter writing supplies
Reading material
Rubber boots (wet weather)
Blow dryer
Sunglasses
Prepaid phone card or quarters
Snack food
WATER BOTTLE!!

DO NOT PACK

Gum
Knife
Matches
Make-up or cologne
Curling iron (fire hazard)
Electronic games
Cell phone or IPOD
Video Camera
Clothes that show your mid-drift
Shirts that are low-cut or have spaghetti straps
ANYTHING VALUABLE

You will not need money unless you want to buy an ENH t-shirt (\$15), sweatshirt (\$30), or hat (\$15)

BRING A BAG LUNCH FOR THE FIRST DAY.

Please do not bring anything that would upset you if it got lost, broken, or dirty, or anything you would not want your students to get their hands on. They are very curious about most things, and particularly those things that belong to an older person.

COUNSELOR-TYPE THINGS THAT YOU SHOULD BRING: Favorite stories to read at bedtime (not scary), lots of junk food for time-off, a well-rested body full of energy, a desire for lots of hard work, and a positive, caring attitude.

THANK YOU IN ADVANCE FOR ALL YOUR HARD WORK, ENTHUSIASM AND ENERGY! WE LOOK FORWARD TO SEEING YOU AT THE OUTDOOR SCHOOL!!