



ENH OUTDOOR SCHOOLS EQUIPMENT LIST

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! Those students who are well prepared for all types of weather are the ones who are most comfortable 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. Children will carry their own luggage; please pack everything in only ONE suitcase or duffel bag (sleeping bag can be carried separately). Most importantly, be sure to label everything.

ESSENTIAL EQUIPMENT

sleeping bag & pillow	1 pair sturdy hiking shoes
WARM jacket	1 pair old tennis shoes (for beach day)
WARM sweater or sweatshirt	bathing suit (for showers)
warm sleepwear	day pack or book bag
warm hat or cap	plastic water bottle
4 t-shirts	flashlight & new batteries
2 pairs short pants	washcloth, towel, and soap
4 pairs long pants	toothbrush & paste
5 sets underwear	Shampoo, comb, & brush
5 pairs socks	Chapstick or lip balm
2 long sleeved shirts	sunscreen
Waterproof raingear	2 large plastic garbage bags
baseball cap (for sun)	

OPTIONAL EQUIPMENT

camera, flash, film
gloves or mittens
binoculars
letter writing supplies
(stamps too!)
rubber boots (wet weather)
shower sandals
reading material
blow drier
sunglasses

DO NOT BRING

Food, candy or gum
money
knife
matches
make-up or cologne
curling iron (fire hazard)
Walkman, radio, electronic
games
cell phone or beeper
ANYTHING VALUABLE!!!

BRING A BAG LUNCH FOR THE FIRST DAY!

MEDICATION

Students will be allowed to keep their bee sting/extreme allergy shots (Epi pens, Ana Kits) and asthma inhalers with them in their cabins. ALL OTHER MEDICATION IS KEPT BY THE CLASSROOM TEACHERS AND/OR PARENT ASSISTANT and is given to the students whenever they need it. When you send medication with your child, it must be in its original container with complete instructions for administration. Please keep all medication separate from luggage and give it to your child's teacher prior to departure for the outdoor school. The medication will be returned to you at school when your child returns from Exploring New Horizons.

Our office is equipped with many over-the-counter medications for headaches, stomach distress, colds and allergies, so sending these types of medication is not necessary. If your child needs over-the-counter medication during the week at the outdoor school, we will administer it ONLY with your written permission on the medical information form. Please be sure to fill this out completely, with specific information regarding physical limitations, allergies, and medication.

****NOTE**** If your child has any special physical, medical, or dietary requirements, please indicate them on the medical form and discuss them with the classroom teachers and/or myself so that we can assure your child receives the necessary care.