



"Inspiring, empowering and transforming children's lives through outdoor education."

www.exploringnewhorizons.org

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CABIN LEADER PACKING LIST and INFORMATION

This is a packing 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.

Cabin leaders 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 important. Please limit your luggage to one sleeping bag, pillow, and either a suitcase or duffel bag. Most importantly, be sure to LABEL EVERYTHING.

Cell Phone Policy- Cabin leaders may bring their cell phones, however they will be collected by the outdoor school staff and kept in the office during the week. Cell phones may only be used during the counselor's time off. Please understand that cell reception is limited, so most phones will not get service. If you choose to bring your phone, Exploring New Horizons and its staff will not be held responsible for lost, stolen, or damaged phones.

ESSENTIAL EQUIPMENT

sleeping bag & pillow
fitted twin sized sheet
warm jacket
WATERPROOF raingear
3 warm sweaters or sweatshirts
warm sleepwear
2 long sleeved shirts
7 pairs underwear and socks
4 t-shirts
3 pairs long pants

warm hat
baseball cap (for sun)
wrist watch (can't use cell phone for time)

bathing suit (for showers)

1 pair sturdy hiking shoes
1 pair old worn shoes
1 back pack

Re-usable water bottle
flashlight or headlamp (new batteries)
washcloth, towel, soap
toothbrush & toothpaste

shampoo & conditioner
hairbrush/comb

lip balm
Sunscreen
2 plastic garbage bags

OPTIONAL EQUIPMENT

shower sandals

DISPOSABLE camera
Gloves
Sunglasses

letter writing supplies
reading materials

rubber boots (wet weather)
Barnyard Boogie Costume (**no feather boas or masks**) Cloth
Bandana/Napkin
money for t-shirt/sweatshirt

DO NOT PACK

Food, candy or gum
Hair spray
knife
matches
make-up or cologne money
radio
iPod, Tablets, drones
electronic games
video camera
clothes that show your midriff
shirts that are low-cut or have spaghetti straps
Curling/straightening iron (fire hazards)
Aerosol Sprays
ANYTHING VALUABLE

BRING A BAG LUNCH FOR THE FIRST DAY.

You will not need money unless you want to buy an Exploring New Horizons t-shirt (\$15) or sweatshirt (\$30).

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

CABIN LEADER-TYPE THINGS THAT YOU COULD BRING: Favorite stories to read at bedtime (not scary), lots of food for time-off (not to be kept in cabin), 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!!