



# Exploring New Horizons Outdoor Schools

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

www.exploringnewhorizons.org

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## COUNSELOR INFORMATION AND PACKING LIST

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.

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

### ESSENTIAL EQUIPMENT

sleeping bag & pillow  
 WARM jacket  
WATERPROOF raingear  
 2 WARM sweaters or sweatshirts  
 Warm sleepwear  
 2 long sleeved shirts  
  
 4 t-shirts  
 4 pairs long pants  
 2 pairs shorts  
 6 pairs underwear and socks  
 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 small back pack

Re-usable water bottle  
 flashlight (w/extra batteries)  
 washcloth, towel, soap  
 toothbrush & toothpaste  
 shampoo & conditioner  
 hairbrush/comb  
 lip balm and sunscreen

### OPTIONAL EQUIPMENT

shower sandals  
 camera  
 gloves  
  
 letter writing supplies  
 reading material  
  
 rubber boots (wet weather)  
 blow dryer  
 sunglasses  
 Snack food  
 Money for t-shirt/sweatshirt

### DO NOT PACK

gum  
 knife  
 matches  
 make-up, cologne, perfume  
  
 curling or straightening irons  
 electronic games  
  
 video camera  
 clothes that show your midriff  
 shirts that are low-cut or have spaghetti straps  
 ANYTHING VALUABLE

Cell Phone Policy- Counselors 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.

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

### **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 COULD 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!!**