



Student Packing List

The weather in the redwoods is variable. Your child may experience hot sun, misty fog, big rainstorms, and chilly evenings - sometimes all in one week! Students who are prepared for all types of weather are the ones who are best able to enjoy their experience at the outdoor school.

- ★ Follow the list closely, as it has been compiled from many years of programs.
- ★ Clothing should be comfortable, functional, and warm!
- ★ Children will carry their own luggage; please pack everything in only ONE suitcase or duffel bag (sleeping bag and pillow can be carried separately).
- ★ Label everything, from luggage to individual items.
- ★ **BRING A BAG LUNCH FOR THE FIRST DAY.**

Essential Equipment	Optional Equipment	DO NOT PACK
☐ 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) ☐ 1 pair sturdy hiking shoes ☐ 1 pair old worn shoes ☐ 1 backpack ☐ 1-2 Reusable water bottles ☐ Flashlight or headlamp (new batteries) ☐ Toothbrush and toothpaste ☐ Towel and washcloth ☐ Soap, shampoo and conditioner ☐ Hairbrush/comb ☐ Lip balm ☐ Sunscreen ☐ 2 plastic garbage bags	☐ Bathing suit (for showers) ☐ Shower sandals ☐ Disposable camera ☐ Gloves ☐ Sunglasses ☐ Letter writing supplies ☐ Reading materials ☐ Wrist watch ☐ Rubber boots (for rainy weather) ☐ Bandana/kitchen towel (for trail lunches)	• Food, candy, or gum • Anything valuable or sentimental! • Medication (<i>send with teachers, NOT with your student. See next page!</i>) • Hairspray • Aerosol sprays • Blowdrier/curler (fire hazard) • Knives • Matches • Cell phones (no service) • Makeup • Cologne • Money • Radios • Music devices/tablets • Drones • Electronic games

Medication Packing Instructions

1. **Decide what medications to send** with your child
 - a. Send any emergency medications (epipens, inhalers)
 - b. We recommend only sending essential medications due to the short duration of our program
 - c. We stock many over-the-counter medications (such as ibuprofen, tylenol, and tums) for as-needed use. Indicate what medications ENH has permission to provide to your child in their registration form.
2. **Document all medications** in your child's CampDoc registration form
 - a. Including any dietary supplements or over-the-counter medications you choose to send
 - b. List the dosage, frequency, and time of day
3. **Pack medications**
 - a. MUST be in original containers
 - b. Check expiration dates (we cannot give expired meds)
 - c. Place everything in a Ziploc bag labeled with your child's name and school
 - d. If you have additional instructions for a last minute change, please send a note packed with the medication detailing all the information we need about the change
4. **Give medication to teachers** the morning of departure for outdoor school
 - a. DO NOT pack in your child's luggage
 - b. Medications will be stored by our Health Supervisor in the Health Center, and given to students as specified on the registration form
 - c. Exception: emergency medications (epipens or inhalers) may stay with the student. Please turn in these medications to the teacher for check-in; emergency meds will be returned to your child immediately after medication check-in.
 - d. Medications will be returned to you by teachers at the end of the program

