

OUTDOOR EDUCATION LABORATORY SCHOOLS STUDENT CHECKLIST

1. We encourage students to pack their own gear so that they know what they have.
2. Items listed on the following page are considered to be a typical minimum list for a one-week's stay at the Outdoor Education Laboratory Schools--Mt. Evans or Windy Peak.
3. Both schools are located in the mountains at an elevation of 8,200 feet. Frequent changes in weather are the rule, not the exception. Changes in the weather mean frequent changes of clothing. Past weather records indicate *winter weather* can occur any time from the first of September through the fifteenth of June. *Mild weather* can also occur any time. Therefore layering of clothing is recommended.
4. Parents, if at all possible, do not buy clothing and equipment for this one week. Utilize what you already have. If necessary, borrow any clothing or equipment items you may not have. Thrift stores are an excellent source for near new clothing or hiking boots.
5. It is preferred that you waterproof your student's hiking boots to ensure dry feet in all weather conditions.
6. All bunkhouses are adequately heated; therefore a comfortable sleeping bag of fiberfill or light down is sufficient. If overnight camping is scheduled at Mount Evans, students will be sleeping in tents so a heavy fiberfill or down filled sleeping bag or additional blankets may be required.
7. Eye protection. High intensity light from bright sun and winter glare off snow, even on cloudy days, can cause injury to the eye.
8. All medications, on Monday of the day of departure, including cough drops and vitamins are to be packed separately from the duffel bag/luggage and turned in to the clinic aide upon arrival at the home school. All medications should be clearly identified by the child's complete name. All medication must be kept in its original container with accurate labels.
9. **All items should be clearly marked with the child's name. Students are responsible for their own belongings.**
10. ITEMS NOT TO BRING: Radios, ipod – MP3 players, cell phones, 2-way radios or electronic games, candy, gum, knives, make-up, or any toiletries in a spray (aerosol) or pump bottle. Hair dryers, curling irons, for safety reasons and energy/resource conservation.

Outdoor Lab is not responsible for broken, lost, or stolen items.

| DESCRIPTION | PURPOSE | R=Required O=Optional | QTY |
|--|---|-----------------------|------|
| Day-pack or backpack (without wheels) | To carry gear & supplies for class | R | 1 |
| Ski cap (beanie) Oct - April | Maintain body temp and prevent heat loss | R | 1 |
| Hat or Cap April - Oct | Shade neck & face | R | 1 |
| Heavy coat (not hoodie) | For inclement weather and cold nights | R | 1 |
| Light coat and/or sweater | For mild/warm weather and/or daytime | R | 1 |
| Waterproof jacket, raincoat, or poncho | Heavy, wet snow or rain | R | 1 |
| Gloves or mittens (Oct-April) | Cold wet weather | R | 2 pr |
| Long sleeved shirts | Long sleeves preferred for warmth and protection from branches and sun | R | 4-5 |
| Jeans or hiking pants | Long pants. Material is resistant to tearing and preventing scratches or cuts. (No sagging or dragging) | R | 2-3 |
| Shorts (for bunkhouse) | Warm weather - Sept. - Oct. and April - May | O | 2-3 |
| Snow Pants (Oct - April) | | O | 1 |
| Underwear | To encourage changing and personal hygiene | R | 4-5 |
| Long Underwear (Insulated Preferred) (Oct - April) | Inclement weather. | O | 1 |
| Hiking or work boots (with ankle support) | For walking through mud, snow, and water on trails | R | 1 |
| Snow boots (Oct-April) | To keep feet warm and dry in wet/snowy conditions | R | 1 |
| Tennis shoes | | O | 1 |
| Heavy socks (Wool Crew Socks) | Inside of boots (must cover ankles) | R | 3 |
| Light socks | For light foot gear and also to wear inside of heavy socks to prevent blisters (must cover ankle) | R | 4 |
| Sleepwear | Important for health and comfort. | R | 1 |
| Pillow | | R | 1 |
| Sleeping bag or bedroll | | R | 1 |
| Towels and washcloths | | R | 2 ea |
| Soap & Shampoo | | R | 1 ea |
| Hairbrush & Comb | | R | 1 |
| Toothbrush and paste | | R | 1 ea |
| Deodorant | NO AEROSOL | R | 1 |
| Kleenex | | R | 1 pk |
| Chapstick | Prevent chapping of lips | R | 1 |
| Water bottle (with name on it) | | R | 1 |
| Plastic Bag (Large) | For soiled or dirty clothing | R | 1 |
| Plastic Bag (Small) | For wet items (washcloth & towel) | R | 1 |
| Plastic Bag (Small) (produce bag to go over feet inside wet boots) | For dry feet in the event of prolonged wet weather | R | 2 |
| Lotion for face and hands | Restores moisture to skin (wind burn) | O | |
| Sunscreen lotion | Prevents burning or blistering | R | |
| Sunglasses | Important in summer or winter. | O | 1 pr |
| Pencil or pens | | R | 4-5 |
| Notebook | | O | 1 |
| Non-electronic games | For use during bunkhouse time | O | 1 |
| Appropriate reading material | For use during bunkhouse time | O | 1 |
| Disposable Camera | Required for those in camera hike | O/R | 1 |
| | | | |

***Site staff may change clothing requirements to match current weather conditions.**