

# CAL-WOOD SCHOOL PROGRAM

## Personal Equipment List

### TO BRING:

\_\_\_ Sack lunch for first meal

### Equipment:

\_\_\_ Sleeping bag or warm bedroll & small pillow

\_\_\_ Sleeping pajamas

\_\_\_ Winter coat or jacket

\_\_\_ Sun hat or cap

\_\_\_ Warm gloves & hat

\_\_\_ Sweater or sweatshirt (preferably not cotton- wool or fleece is best)

\_\_\_ Hiking boots or sturdy shoes with ankle support (waterproof is best)

\_\_\_ Socks- make sure some are warm socks

\_\_\_ Rain gear (jacket and pants if possible)-if pancho, make sure durable plastic

\_\_\_ Full change of clothes- pants/shirts/underwear/socks etc. (keep in mind the length of your visit to determine the # of clothing changes)

\_\_\_ Water Bottle that does not leak (old soda bottles are OK)- at least 1 quart/litre

\_\_\_ Pen or Pencil

\_\_\_ Day Pack (for carrying lunch, journal, water bottle, and extra clothing)

\_\_\_ Positive Attitude

### Personal Items (Toiletries):

\_\_\_ Toothbrush & Toothpaste

\_\_\_ Brush or Comb

\_\_\_ Washcloth & Towel

\_\_\_ Soap & Shampoo

\_\_\_ Sunscreen (SPF 30 or higher)

### Optional Items:

- sunglasses, reading books, camera & film, small flashlight, field guides, binoculars, bandanna, art supplies

- house shoes or slippers for lodge (outside shoes are not allowed inside lodge)

- extra pair of shoes for around camp

### NOT to Bring:

- snacks, junk food, chewing gum, candy (snacks may only be brought if there is a medical need)

- electronic equipment such as curling irons, blow dryers, radios, walkmans, stereos, hand-held games

- knives, firearms, fireworks, matches/lighters

- worries

\*\*\*Remember: You will carry your bags about 1/4 mile uphill to the cabins. Be able to carry what you bring!

\*\*\*The weather in the mountains is subject to sudden changes. Students and teachers must be prepared for rain, snow, or intense sun. Most activities can proceed as planned if participants are adequately prepared!!