

SPRUCE LAKE OUTDOOR SCHOOL

WHAT TO BRING

All **Spruce Lake Outdoor School** classes *do* stay outdoors as much as possible — rain, snow or shine. Please remind students and adults to come prepared with appropriate clothing and footwear.

1. **PERSONAL** (Based on a 3-day program)

- | | |
|---|---|
| <input type="checkbox"/> 3-4 shirts, including a warm shirt | <input type="checkbox"/> Towels + |
| <input type="checkbox"/> 3 pairs of long pants or jeans | <input type="checkbox"/> Blanket + |
| <input type="checkbox"/> 6 pairs of socks | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Comfortable, practical footwear (including hiking and/or sneakers) | <input type="checkbox"/> Personal medications |
| <input type="checkbox"/> OLD sneakers or rain boots for aquatic studies or rainy days | <input type="checkbox"/> Personal hygiene items (soap, comb, toothbrush, toothpaste, deodorant, etc.) |
| <input type="checkbox"/> Raincoat | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Warm jacket, hat and gloves | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Sweater or sweatshirt | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Snow boots during winter | <input type="checkbox"/> Notebook, pen/pencil |
| <input type="checkbox"/> 1 pair pajamas | <input type="checkbox"/> Spending \$ for game room, Gift & Snack Shops |
| <input type="checkbox"/> Linens or sleeping bag* | |
| <input type="checkbox"/> Pillow with pillowcase* | |

* Guests in: Cabins, Barn, & Huckleberry

+ Guests in: Cabins, Barn, & Huckleberry

2. **CLOTHING FOR CLASSES**

- We suggest students and adults wear **long pants and closed-toe shoes for all classes** to protect legs from ticks, cuts, abrasions, and other injury from rocks and vegetation.
- Please see our Clothing Modesty and Safety section (in Program Manual) for additional suggestions.

WHAT NOT TO BRING

- | | |
|---|---|
| <input type="radio"/> Gum and candy | <input type="radio"/> Electronics |
| <input type="radio"/> Jewelry | <input type="radio"/> Pocket knives |
| <input type="radio"/> Food and drinks (schools can arrange for snacks as a group) | <input type="radio"/> Cell phones, ear buds |
| <input type="radio"/> Midriff tops, tank tops (see Modesty Guidelines) | <input type="radio"/> Flip-flops and crocs may be used during free-time only, not for class |

HINTS TO PACKING

- Use a small suitcase or a large gym bag, label luggage
- Bring a plastic bag for any wet or dirty clothing to go into
- Students should bring used, but clean clothing. This is an outdoor adventure; no new clothing is needed!