

STUDENT SUPPLY LIST FOR CAMPING TRIP

NOTE: If you have any dietary restrictions you must discuss this BEFORE the trip on the attached form so we can make menu accommodations.

Prescription and over-the-counter medications must be given to Mrs. Gallardo. They must be in the original packaging that has the dosage instructions on it. This includes pain medications like Tylenol or Advil.

Required Items

- a soft duffel bag to hold all your stuff – no hard luggage
- backpack (small, like the one for school, for hikes)
- sleeping bag, rated to 30 degrees
- Bed roll/yoga mat for under your sleeping bag to keep you dry
- pillow
- toothbrush (you will brush your teeth at least twice per day)
- toothpaste (you must use it)
- 16 quarters for showers (\$4 per shower – you must shower at least once, or you are not riding home with us)
- bath towel & hand towel
- soap inside a box or plastic bag
- shampoo (1-3 travel size might be better than a big bottle)
- a flashlight with new batteries
- 5 t-shirts
- 2 sweaters
- 1 jacket (not a heavy sweater, it will be cold)
- knit hat, scarf, gloves
- 2 pairs of shorts (not tight)
- 2 pairs of pants (not tight)
- 7 pairs of socks
- bug spray with at least 25% deet
- water shoes: old pair of sneakers, must lace for river hike!
- sturdy sneakers or boots (broken in, not brand new)
- light shoes/huaraches/flip-flops for walking around camp and to/from the showers
- 2 water bottles **each at least 32 ounces**
- metal fork, **butter knife** and spoon
- a sturdy plastic plate and bowl
- a sponge or rag for washing eating utensils

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Optional Items

- female products
- disposable razor
- tweezers
- cell phones, iPods, other personal electronics (they will be restricted at times, and we accept no responsibility for them)
- sunglasses
- hats
- sunscreen lotion

Forbidden Items

- flammable liquids
- recreational drugs
- shaving cream
- laser pointers
- lighters/matches
- coolers
- weapons of any type (including pocket knives)
- medicine, unless prescribed
- drug paraphernalia
- alcohol

Dietary Restrictions: It is important that we as a staff understand if your child cannot eat certain items and if those items are taken in, what will happen. This allows all members of camp to have a fun and safe time while away from home. In some extreme cases, we will ask that you provide some food items so that we can maintain a safe environment for all campers.

Student name: _____

Parent/Guardian Name: _____ Phone Number: _____

Circle all that are applicable and explain below:

Food allergies

Lactose intolerant

Vegan

Vegetarian

	Restricted food item	Reaction
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

Additional Comments/Concerns: _____

