

# MOUNTAIN SCHOOL REQUIRED CLOTHING AND EQUIPMENT CHECKLIST

Please carefully look over the following checklist and check each item as it is packed. If you have trouble coming up with any of these items, please let your teacher know well before your Mountain School visit, and we will be happy to provide them for you. Also, please label your belongings! **When you arrive at Mountain School, come dressed ready to spend the day outside. You should arrive with your daypack ready to go and your overnight bag packed separately.**

Day pack—packed with the seven items listed below:

- \_\_\_ Rain gear (with rain pants if you have them)
- \_\_\_ Warm fleece or jacket
- \_\_\_ Warm knit hat, preferably wool
- \_\_\_ Warm gloves
- \_\_\_ Water bottle (watertight, so you can carry it in your bag without leaking)
- \_\_\_ Sack lunch for the first day
- \_\_\_ Gallon size zip lock bag for journal, with pencil

In another bag, backpack or suitcase, please pack the following:

- \_\_\_ Sturdy, water-resistant, comfortable hiking boots (if you are not wearing them) or two pairs of sneakers—no sandals or open-toed shoes
- \_\_\_ 3 pairs of wool or polypropylene socks
- \_\_\_ Long underwear or thick tights
- \_\_\_ Underwear (3 changes)
- \_\_\_ 2 pairs of long pants
- \_\_\_ Warm sweater or sweatshirt
- \_\_\_ Long sleeve shirt, 2 other shirts
- \_\_\_ Towel and washcloth
- \_\_\_ Warm sleeping bag, or bedroll with sheet plus blanket

**\*\*\* Each lodge room includes a fitted sheet, pillow and pillowcase for every bed.**

In a zip lock or toiletry bag labeled with your NAME, please pack the following:

- \_\_\_ Toothbrush and toothpaste
- \_\_\_ Soap, personal toiletries

Give to your teacher:

- \_\_\_ Approved medications and written directions (with your name on it—*teacher will oversee all medications*)

Optional:

- \_\_\_ Camera and film *\*\* If your phone is your primary camera, students can bring this if pre-approved by the teacher. They are NOT permitted to use phones for any other reason. There is no cell service on campus.*
- \_\_\_ Binoculars

*\*Do NOT bring any candy, gum, extra food, blow dryers, hair spray, hair gels, makeup, games, iPods, cell phones, computer games, knives or money!*

*\*Please bring only what you will need and pack tightly. You are responsible for carrying your own belongings approximately 0.3 miles up hill from the bus to your lodge room.*