

# HEARTLAND OUTDOOR SCHOOL PACKING LIST

*Remember to pack carefully and don't forget your rain gear!*

## **Packing Tips:**

- Be sure to prepare for all weather, as all classes are held outdoors rain or shine!
- Bring OLD clothes and shoes. We will get muddy!
- Please limit your belongings to one suitcase and one bag for bedding (a black trash bag works well) and label each with your name and school on them. Place your sleeping gear in plastic to prevent it from getting wet during arrival/departure.
- Label anything that you don't want to lose.

## **Required Items**

- Poncho or Rain Gear
- 2-3 Pairs of Old Shoes/Boots (One pair will get very wet)
- 2 Extra Trash Bags for wet clothing/shoes
- Water Bottle
- Daily change of socks and under clothing
- 3-4 T-Shirts (5-6 for five-day experience)
- 1 or 2 Sweatshirt or Fleece
- Shorts (Weather permitting/Modest length)
- 2-3 Pairs of Pants (4-5 for five-day experience)
- 1 Warm Jacket (For chilly nights)
- Pajamas
- Bath towel and Washcloth
- Soap/Deodorant/Toothbrush/Toothpaste
- Sleeping Bag (or sheets and 2-3 blankets)
- Pillow
- Seasonal: Sunscreen/Lip Balm/Insect Repellent

## **In Colder Months**

- Be sure to pack layers of clothing
- Gloves
- Warm Hat
- Thermal Layers
- Heavy Coat
- Warm Boots
- Thermal/Wool Socks

## **Optional Items**

- Waterproof Boots
- Baseball or other cap
- Labeled Camera (Disposable recommended)
- Notebook and pen (Be sure to label)
- Sandals- shower use only
- Travel-size Hand sanitizer

## **Leave at Home**

- Money
- Knives/Weapons
- Food\*/Gum/Candy
- Cell Phones (Students)
- Firearms/Fireworks/Matches
- iPod/Mp3 Player/Radio
- Electronic Video Games

\*Unless needed for dietary or medical restrictions. Please contact the Heartland Outdoor School Health Officers at 740-747-0220 or [healthoffice@heartlandretreat.com](mailto:healthoffice@heartlandretreat.com).

