

AMERICAN OUTDOOR SCHOOL

Equipment List for Outdoor Education

The following is a list of clothing and equipment which will make your stay at outdoor school more comfortable. Experienced campers know that there are many things they will not need, so they wisely leave them home. Since space is limited, please plan your luggage to include only a sleeping bag or bedroll and a small suitcase. Please avoid new items of clothing as these may get dirty and stained in the outdoors. Temperatures may range from below 30 degrees at night to 90 degrees in the day depending on the season and location. It is good to plan for layers of clothes that can be added or taken off as the temperature changes. This list is designed for a full week program. Amounts can be adjusted for shorter programs.

- _____ Sack lunch for arrival day
- _____ Sleeping bag or two blankets and a sheet bedroll, and pillow **
- _____ 1 pair of pajamas
- _____ several changes of underwear
- _____ 1 pair hiking shoes (optional)
- _____ 1 pair "wettable" shoes (some camps have water study)
- _____ 2 pairs of athletic shoes
- _____ 6 pairs of socks
- _____ 3 pairs of jeans or long pants
- _____ shirts
- _____ warm jacket or heavy sweater
- _____ raincoat or poncho
- _____ flashlight
- _____ pencils or pens
- _____ handkerchiefs or a small box of tissues
- _____ lip balm (Chapstick, Vaseline, etc.)
- _____ water canteen or water bottle
- _____ camera (optional)
- _____ day pack (optional)

Seasonal items:

- _____ hat and gloves or cap
- _____ sunscreen
- _____ bug spray
- _____ shorts

Toilet Kit should include:

- _____ comb/brush
- _____ soap in a container
- _____ towels and washcloth
- _____ toothbrush and toothpaste
- _____ shampoo

There are several items that you must not bring. They are: radio, CD/DVD, electronic games, cell phones/pagers, knives, pets (real or virtual), gum and snack foods. Please mark all clothing and other personal items. This will avoid confusion and loss.

**It helps to pack the sleeping bag or bedroll in a labeled garbage bag which can then be used for dirty/wet clothes later in the week.