

# American Outdoor Schools



## 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              | _____ Water canteen or water bottle |
| _____ 1 pair of pajamas                       | _____ Camera (optional)             |
| _____ Several changes of underwear            | _____ Day pack (optional)           |
| _____ 1 pair hiking shoes (optional)          |                                     |
| _____ 1 pair "wettable" shoes                 | <b>Seasonal items:</b>              |
| _____ 2 pairs of athletic shoes               | _____ Hat and gloves or cap         |
| _____ 6 pairs of socks                        | _____ Sunscreen                     |
| _____ 3 pairs of jeans or long pants          | _____ Bug spray                     |
| _____ Shirts                                  | _____ Shorts                        |
| _____ Warm jacket or heavy sweater            | <b>Toilet Kit should include:</b>   |
| _____ Raincoat or poncho                      | _____ Comb/brush                    |
| _____ Flashlight                              | _____ Soap in a container           |
| _____ Pencils or pens                         | _____ Towels and washcloth          |
| _____ Handkerchiefs or a small box of tissues | _____ Toothbrush and toothpaste     |
| _____ Lip balm (Chapstick, Vaseline, etc.)    | _____ Shampoo                       |

\_\_\_\_\_ Sleeping bag or two blankets and a sheet bedroll, and pillow. 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.

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.