



## SPRUCE LAKE OUTDOOR SCHOOL

### WHAT TO BRING

All **Spruce Lake Outdoor School** classes *do* stay outdoors as much as possible — rain, snow or shine. Please remind students and adults to come prepared with appropriate clothing and footwear.

#### **PERSONAL ITEMS** (Based on a 3-day program)

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| <input type="checkbox"/> 3-4 shirts, including a warm shirt                                 | <input type="checkbox"/> <b>Water bottle</b> (refillable)          |
| <input type="checkbox"/> 3 pairs of <b>long</b> pants or jeans                              | <input type="checkbox"/> Personal medications                      |
| <input type="checkbox"/> 6 pairs of socks   | <input type="checkbox"/> Personal hygiene items                    |
| <input type="checkbox"/> Comfortable, practical footwear (including hiking and/or sneakers) | <input type="checkbox"/> Bible                                     |
| <input type="checkbox"/> Old sneakers for rainy days  | <input type="checkbox"/> Flashlight                                |
| <input type="checkbox"/> Rain gear  | <input type="checkbox"/> Insect repellent                          |
| <input type="checkbox"/> Warm jacket, hat and gloves  | <input type="checkbox"/> Binoculars (optional)                     |
| <input type="checkbox"/> Sweater or sweatshirt  | <input type="checkbox"/> Camera (optional)                         |
| <input type="checkbox"/> Snow boots during winter   | <input type="checkbox"/> Spending \$ for games, Gift & Snack Shops |
| <input type="checkbox"/> 1 pair pajamas   |  |

**If you are staying in the Barn, Huckleberry, or the Cabins – make sure you bring**

- Pillow with a pillow case
- Linens or sleeping bag
- Towel and wash cloth

#### **CLOTHING FOR CLASSES**

Please have students and adults wear **long pants and closed-toe shoes for all classes** to protect legs from ticks, cuts, abrasions, and other injury from rocks and vegetation. During warm weather, shorts/Capri pants may be worn during free-time, only. Please see our Clothing Modesty and Safety section (in Program Manual) for additional suggestions.

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### WHAT NOT TO BRING

Chewing gum/ Food, drinks or candy (school should arrange for snacks as a group)/ Bikini or midriff tops, tank tops or short shorts (see Modesty Guidelines)/ Electronic devices/ Cell phone/ Flip-flops, sandals, or slip-on sneakers may be used during free-time only, not for class

### HINTS FOR PACKING

- Use a large gym bag or a small suitcase and label it
- Students should bring used, but clean clothing. This is an outdoor adventure; no new clothing is needed!