

## What to Bring

**As you help your child pack for this trip, please take into consideration the following:**

1. The Mountain Lab School is located at an elevation of 8,700 feet. Due to the high altitude and the unpredictable Colorado weather, every student needs to be prepared. Chances are, students will experience frequent, and often extreme, changes in weather conditions; therefore, they need to be prepared for ‘mild’ to ‘winter’ type weather. All items (clothes, etc.) should be clearly marked with the student’s name. Students are responsible for their own belongings.
2. All medications (prescription and over-the-counter) should be given to the person designated by the school or group leader and in compliance with any school or group’s policies. IdRaHaJe will not administer or maintain control of any medications.
3. No open toed sandals or flip-flops will be allowed during regular class periods.
4. Remember, this is OUTDOOR education, so clothing and footwear should be practical and we strongly advise not sending anything new, especially boots and shoes. Please note that classes will be outdoors and students will get dirty.

### **REQUIRED ITEMS:**

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| <input type="checkbox"/> Day Pack ( <b><u>Every student should bring one!</u></b> )              | <input type="checkbox"/> Heavy socks (wool or similar)                       |
| <input type="checkbox"/> Reusable water bottle ( <b><u>Every student should bring one!</u></b> ) | <input type="checkbox"/> Light socks   |
| <input type="checkbox"/> Sleeping bag & pillow   | <input type="checkbox"/> “Hiking boots” / Snow boots & one pair Tennis shoes |
| <input type="checkbox"/> Winter coat   | <input type="checkbox"/> Towels & washcloth                                  |
| <input type="checkbox"/> Winter hat  | <input type="checkbox"/> Soap  |
| <input type="checkbox"/> Light jacket or sweater   | <input type="checkbox"/> Toothbrush & toothpaste                             |
| <input type="checkbox"/> Waterproof jacket or poncho   | <input type="checkbox"/> Kleenex or handkerchiefs                            |
| <input type="checkbox"/> Gloves or mittens   | <input type="checkbox"/> Plastic bag for dirty clothes                       |
| <input type="checkbox"/> Long sleeve shirt(s)  | <input type="checkbox"/> Flashlight  |
| <input type="checkbox"/> T-shirts  | <input type="checkbox"/> Pencils/Pens  |
| <input type="checkbox"/> Long pants (jeans or other durable material)                            | <input type="checkbox"/> Notebook and paper                                  |
| <input type="checkbox"/> Under clothes   | <input type="checkbox"/> Chapstick   |
| <input type="checkbox"/> Sunscreen   | <input type="checkbox"/> Pajamas   |

Optional Items: camera, sun glasses, journal, money

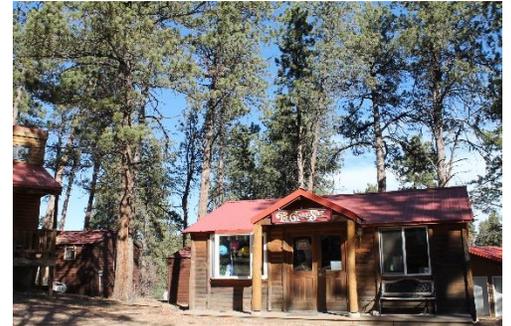
If your group is planning to go to the swimming pool, you will need to pack a swimming suit. The pool that we take students to will not allow swimmers to wear t-shirts as a cover. Swim suits must be “Very Modest” and if possible, one piece.

**DO NOT BRING: Cell phones, radios, electronic games, MP3 players/iPods, knives, matches/lighters**

Please do not send snack items unless you coordinate with the trip leader.

# Information about the Camp Store

Students will have the chance to purchase items from the camp store most afternoons between the hours of 3:00-3:30pm, as time allows. Students are not expected to buy items, rather, it is an option as a part of their camp experience. Information on some of the many items for sale is included below.



<u>Item</u>	<u>Price</u>
Candy/Snack items	\$1.00-\$1.50 (price includes tax)
Soda/Gatorade/Tea	\$1.50-\$2.00 (price includes tax)
Camp T-shirts	\$10.00-\$16.00
Stuffed Animals	\$3.49-\$12.00
Water bottles	\$4.00-\$17.00
Stickers	\$1.93-\$2.99
Souvenirs	\$0.40-\$6.99
Backpacks	\$5.78-\$9.99

AND MUCH MORE!!

\*\* Purchases of candy and drinks are limited. Restrictions are decided by group leaders and/or IdRaHaJe leadership.

