



What to Bring

As you and 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. Remember, this is OUTDOOR education.
2. All items (clothes, etc.) should be clearly marked with the student's name. Students are responsible for their own belongings.
3. All medications should clearly be identified with correct dosage and times to be given. It must also be in the original container that it came in.
4. No open toed sandals or flip-flops will be allowed during regular class periods.
5. Clothing should be practical and in good repair, but please remember classes will be outdoors and students will get dirty.

REQUIRED ITEMS:

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| <input type="checkbox"/> Day Pack (<u>Every student should bring one!</u>) | <input type="checkbox"/> Heavy socks (wool) |
| <input type="checkbox"/> Reusable water bottle (<u>Every student should bring one!</u>) | <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/Pen |
| <input type="checkbox"/> Long pants (jeans or other durable material) | <input type="checkbox"/> Notebook and paper |
| <input type="checkbox"/> Under clothes | |

Optional Items: camera, sun glasses, sun screen lotion, bible

If your group is planning to go to the swimming pool, you will need to pack a swimming suit. The pool that we attend 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 food items unless you coordinate with the trip leader(s).