

What to Bring to an Overnight Program

Weather in the Rockies is very unpredictable. Be sure your student is prepared for mountain weather, which means many layers. The following is a recommended list of clothing and equipment. If your child doesn't have all the outerwear, please don't buy it – try borrowing it from friends. We have extra jackets/rain pants and enough rubber boots and winter boots to fit most sizes if you don't have your own.

PLEASE NOTE: We provide all bedding and ask that you **DO NOT** bring pillows, blankets or linens for sanitary reasons.

Clothing

- 1 warm sweater
- 1 rain jacket or winter jacket depending on season
- 1 pair of rain pants or snow pants depending on season
- 1 warm hat (even if you're coming in spring!)
- 1 baseball hat and/or sunglasses
- warm, waterproof winter gloves (more than one pair) for winter program
- 1 pair of walking/hiking shoes
- Indoor shoes/slippers
- Winter Program**-1 pair of waterproof winter boots (no Ugg's please) for deep snow
- Spring/Fall Program** - 1 pair of rain boots at least calf height

Personal Items

- 1 day-pack – no string backpacks, purses or messenger bags
- water bottle and/or thermos
- pencils + calculator
- nut-free lunch – pack more than you think you need
- Garbage free lunch
 - Re-Useable Lunch bag & Tupperware
- Any required medication – epi-pens, Benadryl, prescriptions...
- Toothbrush and toothpaste
- Bathroom things i.e., shampoo, body wash, deodorant etc.
- Pyjamas
- Extra socks!
- Extra pants!