

(print school letter head here)

PACKING LIST

Christodora-Manice Education Center (MEC) Field Trip

*Belongings should be packed in a duffel bag or small suitcase. **Storage space in the bus is limited, so please keep luggage compact.** Luggage should be able to fit under the seats on the bus, limiting to 1 luggage bag, and a small carry bag (a purse or fanny pack is small, a backpack is not). **Please note the clothes the student wears on the day of departure should be included in the list below.** For example, wearing one pair of shoes and then packing two pairs of shoes is three pairs of shoes. **This is a suggested clothing list. Please do not feel obligated to buy items on this list, simply bring what you have!***

CLOTHING: *Clothing should be durable for hard use. We recommend you do not bring your best clothes.*

- | | |
|--|--|
| <input type="checkbox"/> 3 pairs long pants | <input type="checkbox"/> 2 sweaters or sweatshirts |
| <input type="checkbox"/> 2 pairs shorts | <input type="checkbox"/> 1 medium-weight jacket |
| <input type="checkbox"/> 2 warm long-sleeved shirts | <input type="checkbox"/> 2 pair Sneakers (or 1 pair sneakers and 1 pair boots)
<i>(old ones - they'll get dirty, e.g. not your new kicks! ☺)</i> |
| <input type="checkbox"/> 2-3 short-sleeved shirts | <input type="checkbox"/> 1 raincoat & hat or a hooded poncho
<i>(we will provide a rain poncho if you don't have one)</i> |
| <input type="checkbox"/> 3 pairs underwear | <input type="checkbox"/> baseball-style or brimmed hat |
| <input type="checkbox"/> 5 pairs socks | |
| <input type="checkbox"/> 1 pairs pajamas or sweatpants | |
| <input type="checkbox"/> 1 swimsuit (weather dependent for canoeing) | |

EARLY MAY AND FALL GROUPS ADD (feel free to check the weather forecast):

- | | |
|--|--|
| <input type="checkbox"/> gloves or mittens | <input type="checkbox"/> winter jacket |
| <input type="checkbox"/> pair long underwear or sweatpants | <input type="checkbox"/> warm winter hat |

TOILET ARTICLES:

- 1 small hand towel &/or washcloth
- toothbrush and toothpaste
- soap (face)
- hairbrush or comb
- deodorant
- feminine hygiene products
- glasses/contacts

EQUIPMENT: *(blankets/pillows provided))*

- flashlight (pack batteries separately)
- 2 sheets or a sleeping bag - do not bring both**
- 1 pillowcase
- fanny day pack (optional)
- disposable camera (optional)
- sunglasses

PLEASE NOTE: The safety and security of all the students/staff is our greatest concern, these guidelines will help to keep everyone safe.

- ◆ **No showers:** This can be a difficult subject for the students but the time and resources are limited. Advise them that it is only one day without a shower – they can shower the morning before they leave and the evening when they return home.
- ◆ **Do not bring** aerosol cans, matches or lighters. The staff will confiscate any of these items if found in a student's possession.
- ◆ **It is illegal to bring alcohol, firecrackers, weapons (this includes all knives), illegal drugs (including marijuana) or tobacco products of any kind.** Violators will be restricted from activities.
- ◆ Students must turn all medications in to their school staff **before** departure to the MEC.
- ◆ **Please do not send your student with a large amount of cash:** \$5 to \$10 is plenty, as there will be only two opportunities to purchase things at the rest stops during the bus route. MEC does not have a store and will provide a packed lunch for the students on the way back on the bus.
- ◆ **Electronics including radios, tape/CD/MP3 players, electronic games, cell phones, etc. are allowed on the bus ride (check with school policy!) but are not permitted to be used at the MEC.** These items will be secured by MEC staff and returned for the bus ride home.

****If you have any questions, please contact your school.****