

# Outdoor Expedition 2008

## Student Personal Gear & Camping Needs

Please look over the list below. This list is for your personal use. It does not need to be returned to school.

Please notify your child's Crew teacher if he/she needs a sleeping bag and/or sleeping mat.

- ❑ A duffel bag to put everything in!
- ❑ Sleeping Bag rated for cold weather sleeping below 40 degrees farenheit. (*ISAAC can provide this item.*)
- ❑ Sleeping mat (*ISAAC can provide this item.*)

### Clothes

- ❑ 2 Pairs of Long Pants
- ❑ 2 T-Shirts
- ❑ 2 Long Sleeve Shirts or Sweaters
- ❑ 1 Rain Jacket and/or
- ❑ 1 Warm Jacket
- ❑ 4 Pairs of Socks
- ❑ Winter Hat (It might be cold at night!)
- ❑ 1 Set of Long Underwear- top and bottom and/or
- ❑ 1 Set of sweat pants and sweat shirt (for sleeping in.)
- ❑ Baseball Hat
- ❑ Extra pair of shoes (optional)

### Eating/ Drinking Necessities

- ❑ Water Bottle

### Personal Hygiene/ Personal Care

- ❑ Sunscreen
- ❑ Bug Spray or Lotion
- ❑ Toothbrush and toothpaste

### Other

- ❑ Flashlight (No gas lanterns allowed!)
- ❑ Extra batteries for the flashlight
- ❑ 1 trashbag