

PACKING LIST

Pack smartly! Space on the vans and in the lodges will be limited.

IMPORTANT NOTE: Pack a lunch, extra snack, and a drink in a refillable water bottle on Tuesday. We will be eating a picnic lunch at a state park on the first day.

- One SMALL carry-on sized bag or SMALL suitcase
- One SMALL bag/backpack for the journey and to use each day during daily excursions
- Bedding: sleeping bag or sheet & blanket, small pillow if desired (room AC can get cold)
- Shorts (minimum 3" inseam for girls)* and/or pants that you don't mind getting dirty
- Short and/or long-sleeved T-shirts that you don't mind getting dirty—one for each day plus a couple of extra; (no questionable messages or graphics and no spaghetti straps)*
- Socks
- Underwear (bring an extra pair)
- Closed-toed, sturdy sneakers or boots
- Water shoes that tie to your feet for tubing (if desired)
- Modest pajamas / bedtime wear
- A light rain jacket, sweatshirt, or fleece
- Large (24 oz. or more) reusable water bottle
- Bathing suit (girls: modest one-piece or modest tankini)*
- 2 thin towels and 1 washcloth
- Toiletries: shampoo, soap, deodorant, toothbrush, toothpaste, etc.
- Trash bag for dirty laundry
- Bug repellent
- Hat (recommended)
- Sunscreen
- Sunglasses
- Lip balm
- Flashlight
- Bible
- Binoculars (optional)
- Camera (optional)
- Watch (optional)
- Snack / souvenir money, if desired, (\$30-\$50)
- Any necessary medications, labeled with the student's name (see note below)

Please comply willingly with these dress guidelines. Your actions speak loudly!

- No dressy clothes are necessary—all our activities will be outdoors and will often involve dirt and/or water.
- **Boys:** You will wear a t-shirt in addition to your swim trunks when we go tubing at Ichetucknee Springs.
- Please check the weather so you can pack accordingly. Go to www.weather.com, type in zip code 32643, or search for High Springs, FL to find the weather forecast for the area.

Note: Cell phones and other portable electronic devices (games, CD/MP3 players, iPods, etc.) are not permitted. These items will be collected by chaperones and returned at the end of the trip.

Medications

We will have First Aid Kits in every van and will only administer acetaminophen, ibuprofen, Benadryl, Tums, or Dramamine to a student if the parent has given the school permission on the 8th Grade Eco-Adventure Medical Release Form. If a student is bringing medication with them for the trip nurse to administer, they should give it to the designated trip nurse before we leave. Medications must be in original containers labeled with the child's name and dosage instruction. Please put medications in a labeled Ziploc bag. Students with inhalers and/or EpiPens should keep one with them at all times and give a second one to the trip nurse.