



# 8TH GRADE FL ECO-ADVENTURE PACKING LIST



**Pack smart! Space on the vans and in the lodges will be limited**

## **IMPORTANT NOTE:**

**Pack a lunch, extra snack, and water in a refillable water bottle for Tuesday.  
We will be eating a picnic lunch.**

- 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 or long-sleeved 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)
- Swim shirt (or T-shirt) during water activities
- 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
- 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
- Large (24 oz. or more) reusable water bottle
- Hat (recommended)
- Sunscreen
- Sunglasses
- Lip balm
- Flashlight
- Bible
- Binoculars (optional)
- Camera (optional)
- Watch (optional)
- Any necessary medications, labeled with the student's name (see note below)
- ENERGY DRINKS NOT PERMITTED

### **Guidelines:**

- No dressy clothes are necessary—all our activities will be outdoors and will often involve dirt.
- Boys and girls are expected to wear swim shirts (or T-shirts) during water activities.
- Please check the weather so you can pack accordingly. Go to [www.weather.com](http://www.weather.com), type in zip code 32643 or search for High Springs, FL, to find the weather forecast for the area.

### **What NOT to bring:**

*These items will be collected by chaperones and returned at the end of the trip.*

- Cell phones and other portable electronic devices (games, CD/MP3 players, iPods, etc.)
- Energy drinks or candy; Geneva will supply healthy snacks during the trip. Please let us know if your child has any food allergies on the Medical/Dietary Form.
- Pocket knives

### **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 North Florida 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.