

# North Florida Packing List

**Our vehicle cargo space is very limited, and our cabins are also small – so please pack light.**

- 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
- Jeans/cargo pants/sweatpants
- 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. Please do NOT pack no-show socks for hiking (blisters are not nice!!)
- Underwear (bring extra)
- Sturdy sneakers or boots appropriate for hiking long distances
- Shoes to wear in canoe (water shoes, old sneakers, Crocs, etc.)
- Modest pajamas
- A light jacket, sweatshirt, or fleece
- Bathing suit (girls: modest one-piece or modest tankini)\*
- Plastic flip-flops for showers
- 2 old, thin towels and 1 washcloth
- Toiletries: shampoo, soap, deodorant, toothbrush, toothpaste, etc.
- Trash bag for dirty laundry
- Bug repellent (with DEET works best)
- **TWO** 24 oz sturdy plastic or stainless steel water bottles
- Hat (recommended)
- Sunscreen
- Sunglasses
- Lip balm
- Flashlight
- Pencils, pens, and colored pencils in a pencil case
- Bible
- Binoculars (optional)
- Field guide to eastern birds, or other field guides (optional)
- Camera (optional)
- Watch (optional)
- Poncho in case of rain
- Money for fast-food lunch on Monday and Friday, and spending money for souvenirs, 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.
- Please check the weather so you can pack accordingly. Go to [www.weather.com](http://www.weather.com), type in zip code 32428, or search for Chipley, FL to find the weather forecast for the area.

## 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.