

Los Alamitos Unified School District Outdoor Science School Packing List

WHAT TO PACK

3 CARRY-ON ITEMS: Back Pack, Duffel Bag, Bed Roll

Back Pack – Student Name Clearly Visible

(Remember what's in this backpack will be the only items your child will have with them until evening.)

- Hat/Beanie/Scarf
- Waterproof Gloves
- Water Bottle
- Camera
- Flashlight with Batteries
- Extra Pair of Socks
- Waterproof Poncho
- Warm Winter Jacket
- Chapstick
- Sunblock

Bed Roll – Student Name Clearly Visible

(1) Sleeping bag folded in half the long way. (2) Place pillow at the top and roll all the way down. (3) Double bag in trash bags and seal with duct tape. (4) Write your student's name and Room # on the tape with a Sharpie.

Duffel Bag – Student Name Clearly Visible

- Towels (2) and Wash Cloth (2)
 - Consider sending a reusable shopping bag to be used as a shower bag to hold towels, a clean change of clothes, and flip flops to be worn in the shower.
- Toiletries
 - Toothpaste, toothbrush, soap/body wash, hair brush, lotion, deodorant, extra chapstick
 - Helpful to have in a single small bag that is easy to take to the bathroom or to put in the shower bag, a large Ziploc Bag with your student's name on it works great.
- Clothing
 - Underwear and Socks for 5 full days
 - It's important to have at least one extra set.
 - Long Underwear or Thermals to layer underneath clothing (for camps between January –March)
 - Pajamas
 - **4 DAYS worth of clothing** that allows your child to layer themselves. Students will be going from the outdoors to indoors and will need to be able to easily take clothing on and off to acclimate to different temperatures.
 - Long Pants (2-4)
 - T-Shirts (short & long sleeve)
 - Sweatshirts (1-2)
 - Fleece pullover/zip-up
 - (1) Pair of Waterproof Pants (in case it rains)
 - Scotch guard is great to use to spray on jeans that you may be sending up with your student as it prevents pants from becoming damp.
 - Shoes
 - Minimum 2 pairs of shoes.
 - One pair of sneakers/tennis/lightweight hiking boots
 - One pair of **waterproof** boots
- Other Items
 - **(2) Pencils (required)**
 - Point-and-Shoot Camera (no smart phones, tablets, electronic game devices, or tech with a data plan)
 - Bug Spray (optional)
 - Playing Cards (optional)
 - Journal (optional)
 - Stuffed Animal (optional)
 - Material to write letters home (optional)
 - Stamps, envelopes, paper