

## HEARTLAND OUTDOOR ENVIRONMENTAL SCHOOL CLOTHING AND EQUIPMENT LIST FOR CABIN LEADERS

Bedding: You will need to bring a sleeping bag, sheets or blankets, and a pillow. You may bring a pillow if you would like. Please place your sleeping gear in a plastic bag in order to keep it from getting wet. Be prepared for cool nights.

Clothing: We suggest that you bring old but clean clothing. You will be assisting in some classes so always be prepared for getting dirty. Bring jeans, shorts, long sleeved shirts, and plenty of socks. You will have to decide what clothing you want to bring depending on the time of year that you are coming to camp. Bring two pairs of shoes and a pair of boots if possible. If it is raining, snowing, or cold, we will continue with our programs outside. Rain gear and a jacket of some sort are highly recommended for your stay here.

Toiletries: You will need to bring everything necessary for the bathroom and shower. Some examples are: toothpaste, toothbrush, soap, shampoo, tissues, towel, wash cloth, deodorant, water bottle or plastic cup, lip balm, sun screen, and insect repellent (non-aerosol).

Optional: If you would like, you may also bring a flashlight, stationery, stamps, water bottle, and a camera. We do ask that if you have an alarm clock and watch to please bring them with you. You will be responsible for waking up the campers each morning. There are electrical outlets in the cabin for you to plug in your alarm clock. You may bring a hair dryer that you would not mind sharing with the students. We do have vending machines that will be available to you during your breaks. If you are interested in using them you will need to bring some money. However, please realize that Heartland is not responsible for lost or stolen property. If your school has chosen Square Dance as an activity, please feel free to bring along overalls, straw/cowboy hats, or any other clothing appropriate for the dance.

Leave at home:

Tank tops	Pagers	Portable CD/tape players/iPods
Gum	Knives	Cell phones
Food/candy		
Anything valuable to you--jewelry is discouraged		
Inappropriate T-shirts: alcohol or tobacco related, offensive in any way		
Shorts that are less than finger tip length		

Your focus should always be on your campers and items such as radios, pagers, and cell phones become a distraction. If you have a pager or cell phone to tell the time, please borrow or buy an inexpensive watch for this week instead.

**\* Remember: the same rules that apply at your school apply here.**