

HEARTLAND OUTDOOR ENVIRONMENTAL SCHOOL CLOTHING AND EQUIPMENT LIST FOR STUDENTS

Please note: You will be limited to one suitcase and one bedroll. Please label all belongings with your name and school on them.

Bedding: You will need to bring a sleeping bag or 2-3 blankets and sheets. Please place your sleeping gear in plastic in order to keep it from getting wet. Bring a pillow (with a pillow case). Be prepared for cool nights.

Clothing: We suggest students bring old but clean clothing. Clothing should be marked.

- One pair of pajamas
- Two pair of shoes with laces, boots suggested
- Daily change of socks and under clothing (extra socks are recommended during cold weather)
- Heavy and light shirts
- Jacket and/or sweater
- Raincoat and waterproof shoes or boots
- Two or three pairs of jeans or sweat pants- we prefer no dresses
- Shorts (weather permitting) finger tip length
- In winter: gloves, hats, boots, coats, and layers of clothing are essential

Toiletries:

- Toothpaste and toothbrush
- Soap, shampoo, and conditioner
- Bath towel and washcloth
- Comb or brush
- Deodorant
- Water bottle or plastic drinking cup
- In season: sun screen, lip balm, insect repellent (non-aerosol)

Optional:

- Flashlight
- Stationery and stamps, pencil
- Camera (disposable preferred... our recommendation is for students to bring at least two)
- Notebook and pen
- Water bottle

Please leave at home:

Tank tops	Laser pointers	Pagers
Money	Card games	Chewing gum
Knives	Hair dryers	Electronics
Axes	Matches	Comic books
Food and candy	Firearms/fireworks	Radios
CD Players	iPods	Electronic video games
Cell Phones	Shirts that cannot be tucked in	
*Jewelry is discouraged		

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