

LMS - SOUND TO SEA

Preparing for the Trip- PACKING LIST

- ☐ Students should be at the school on **October 23, 2019** by **5:15a.m.** with one medium size suitcase or duffel bag. Please label all suitcase/duffel bags.
- ☐ Please pack only the things on the list or that have been assigned. Other items must be cleared through Mr. Foster.
- ☐ Label all your child's belongings that are packed for the trip. A laundry marker can be used on clothes.
- ☐ Students will not need money while participating in Trinity's Sound to Sea program.
- ☐ Please pack a plastic bag for packing wet clothing on the return trip.
- ☐ **Please check appropriateness of what your child has packed.** Remember that layers of clothing are warmer and can be removed if needed. Pack for all kinds of weather...warm, cold, or wet. Be sure your child has selected clothes that are designed to get dirty.
- ☐ Students are responsible for making sure they have packed all their belongings for their return trip home. Although we have a designated "Lost and Found" area, Sound to Sea and Trinity Center cannot be held responsible for articles left behind.
- ☐ **Bring insect repellent and sunblock during warmer months.**
- ☐ **Students should bring a REUSABLE water bottle to the program to prevent dehydration.**

The following items are recommended for the 3-day program:

Clothing

- *4 pairs of pants and/or shorts (**Check the weather**)
- *4 t-shirts or long sleeve shirts
- *2 sweat shirts (hoodies) or sweaters
- *1-2 coats- EX: 1 light weight & 1 heavier (**check weather**)
- *4 sets of underclothes
- *2 pairs of shoes (flat, closed-toed, closed-heeled walking shoes or sneakers)
- *1 pair old shoes that can get wet (Ex: Water Shoes)
(These must be closed-toed, closed-healed shoes: NO Texas, flip flops or Crocs!)
- *4 pairs of socks. **One pair MUST be knee height.**
- *A raincoat or poncho
- *Plastic bags for damp clothes
- *1 pair of pajamas
- *hat, mittens, scarf (depending on the weather)
- *Optional: boots (depending on the weather)

Linens:

- *Twin bed sheets and blanket or a sleeping bag
- *2 Towels and washcloth
- *Pillow case
- *Pillow

Wash Kit

- *Toothbrush
- *Toothpaste
- *Brush and/or comb
- *Deodorant
- *Soap
- *Shampoo
- *Lotion
- *Chapstick, if needed

You May Bring: hair dryer, flashlight, pen, pencil and notebook and a good book for reading.

Please note: "Sound to Sea" has a policy that students are not allowed to have cell phones while on campus. Students may bring their phones to use on the bus ride, but the staff will store them in a container while at STS.

Please do not bring: IPAD, Nook, hand held electronic/games, expensive jewelry, knives, food, gum or curling irons/flat irons.