



Teacher Packing List

Please use this list when packing for your week at Cuyamaca Outdoor School.

1. You'll be assigned to a room with 1 or 2 other same-gender teachers from your own school (when possible). Each room has three twin beds, a table and chairs, a bathroom, and a mini-split heater/air conditioner.
2. Weather at Cuyamaca can vary greatly, regardless of the time of year. Check the weather before your trip and pack accordingly.
3. There is no cell service at Cuyamaca, but camp does have Wi-Fi.
4. Remember: you are supervising an extended field trip on a school campus. Alcohol and drug use is strictly prohibited. Tobacco products may only be used off campus.

Bring These Items

Bedding & Linens

- Sleeping bag **OR** sheets and blanket/s for a twin bed
- Pillow
- Bath towel/s
- Hand towel/s, washcloth/s

Equipment

- Water bottle (or hydration pack)
- Camera
- Laundry bag
- Leisure reading book
- Earplugs for light sleepers
- Laptop/tablet
- Personal snacks*, supplemental food for any dietary restrictions*

Clothing (all year)

- Heavy jacket
- Heavy sweatshirt
- Tennis or hiking shoes
- Long pants
- Long-sleeved shirts
- T-shirts
- Underwear
- Socks
- Hat or cap
- Belt
- Pajamas
- Bathrobe
- Slippers, shower sandals

Toiletries**

Bring your preferred toiletries.

Remember to also bring:

- Chapstick
- Sunscreen - unscented lotion only
- Insect repellent (optional)

Warm Weather Months

- Short-sleeved shirts
- Light jacket or hoodie sweatshirt
- Shorts

Winter Items (November-April)

- Rain boots and/or snow boots
- Raincoat with hood, or rain poncho
- Heavy winter coat
- Gloves or mittens
- Beanie
- Scarf

Do Not Bring the Following Items

* Nut-Free Campus

For the safety of those with life-threatening allergies, all products containing nuts (of any kind) or sesame seeds are strictly prohibited from all areas of the campus, including staff and adult housing areas.

- Knives, hatchets, other weapons
- Matches, lighters, or fire starters
- Alcohol, drugs

** Fragrance-Free Campus

Out of concern for persons with asthma, allergies, and other respiratory problems, perfumes, colognes, essential oils, other scented products, and all aerosol spray products are prohibited.

Cuyamaca Outdoor School is not responsible for lost, damaged, or stolen property. Please leave valuable items at home.