

# Minimester Camping Trip Packing List

## The Spring 2023 Eastern Shore Field Study

RGHS will be providing all of the basic supplies: food and drink, tents, science equipment, cooking supplies, first aid, cleaning supplies, etc. YOU will need to provide supplies for your personal use.

**DON'T buy new things for this trip!** Remember that you can borrow many of these items from an upperclassman or friend, or find them second hand online or at local outdoor gear shops. Keep in mind that everything may get dirty and/or wet. **The RPS DRESS CODE and all regulations will be adhered to on this trip. NO student cell phones, electronic devices, radios, video games, or cameras are allowed (all staff will have cell phones for emergency contact).**

### Packing Checklist:

***Bring ONLY these items - Extra stuff will take up space and be burdensome!***

#### The following items must be brought to school ONE WEEK BEFORE THE TRIP

- **DO NOT wear or pack JEWELRY** (rings, hooped earrings, nice watches, bangles/bracelets, necklaces, anklets, etc.). **DO NOT BRING VALUABLES!!!**
- Sleeping bag: store inside of a heavy-duty trash bag, and clearly LABEL the bag. If you would like, you may bring a small blanket and/or pillow, but it must be able to be rolled up inside of the sleeping bag.
- Soft duffle bag to pack everything in: medium size, no heavier than 30 lbs when fully packed. NO suitcases, Army bags (top-loading style) or wheeled luggage. **Bring your PACKED duffle bag to school ONE WEEK before the trip. See the packing list below.**
- **Line the duffle back with a heavy duty trash bag!** You will pack all of your belongings inside of this layer to ensure everything is **waterproof!!!!**
- 2 pairs of old, comfy jeans or sweatpants that you don't mind getting wet or dirty
- 3-4 short-sleeved t-shirts; one should be your RGHS t-shirt!
- 2 long-sleeved sweatshirts or hoodies
- 2 pairs of loose, comfortable shorts
- Undergarments to last the week, plus 2 extra
- 6-8 pairs of socks
- 1 jacket or windbreaker (it may get very chilly at night and on the boats)

- 1 winter hat
- 1 pair of winter gloves
- 1 set pajamas/clothes to sleep in (NO footie/onesie PJs as they make bathroom use difficult)
- 1 set clothes to wear in the water:
  - Trunks, athletic shorts and a t-shirt
  - OR one-piece suit, or tankini and trunks
  - **No bikinis or strapless suits!**
- 2 pairs of old sneakers or closed-toe athletic/outdoor footwear (they will get wet and dirty)
  - **NO BOOTS, CROCS, SLIDES OR SANDALS ON THIS TRIP!**
- Water-resistant watch to tell time (smart watches will be confiscated)
- 1 towel (bring an old one!)
- 2 washcloths (old)
- Toiletries - all SMALL (travel size) placed within a gallon ziplock bag that has YOUR NAME on it
  - Deodorant
  - UNSCENTED lotion (scented lotions will attract bugs)
  - Toothbrush & toothpaste (travel tube or PART of a tube)
  - UNSCENTED small bar of soap, in a smaller ziplock bag
  - Disposable (unscented or light scent only) baby/bath wipes – you only need a SMALL package!
  - brush, comb and/or other small hair accessories
  - **DO NOT BRING PERFUMES, COLOGNES, OR BODY SPRAYS! These will attract bugs**
- 4 heavy-duty trash bags as backup waterproofing (roll up and use a rubber band to hold them)
- 4 extra gallon-size ziplock bags (roll up and use a rubber band to hold them)
- Dishes and utensils, packed in a gallon ziplock bag with YOUR NAME on the label. NO paper plates, plastic silverware, napkins, or ceramic/glass!
  - 1 fork and 1 spoon; NO KNIVES!
  - 1 plastic bowl to eat from (heavy-duty, NOT disposable)
  - 1 plastic cup (heavy-duty, NOT disposable)
  - 1 roll of toilet paper placed in a ziplock bag

**The following items must be brought to school THE MORNING OF THE TRIP**

- Backpack: similar to the one you use for school
- Lunch, snacks & drink for the first day of travel
  - **NOTE: To reduce trash, ALL food and drink must be consumed or disposed of PRIOR TO ARRIVAL at the campsite. NO FOOD OR DRINK ITEMS, other than your Day 1 lunch, will be brought from home! No gum or candy in your tent - this will attract wildlife, who may destroy your tent!!!**
- **In the BACKPACK, pack the following:**
  - 1 medium-sized flashlight, with EXTRA BATTERIES. NO flashlight/radio combinations.
  - 2 bandannas
  - 1 baseball cap/ sun visor
  - A SEALABLE, NON-LEAKING water bottle - labeled
  - A sturdy rain poncho/jacket with a hood (NO umbrellas or heavy rubber raincoats)
  - In a labeled, one-gallon ziplock bag:
    - UNSCENTED sunblock of at least SPF 30; water-resistant is best
    - Insect repellent (NOT a big spray can: get a travel-size container. NO aerosol sprays: soft sticks or lotions are best.) Cutter's, OFF, Skin-So-Soft (Avon) are all good brands.
    - Your **prescribed** medications (NO over-the-counter meds) in a smaller ziplock bag
    - Tissues, chapstick, and sunshades
  - Optional: a small set of personal art supplies such as drawing pencils, colored pencils or small watercolor kit → Nice to have if you enjoy making art, especially for journal entries

**These items will be given to you on the DAY OF DEPARTURE. You must keep track of these on your own:**

- A labeled, one-gallon ziplock bag with YOUR NAME written on it. It will contain:
  - **Your lab log journal provided by RCHS!**
  - pencil and pen

**Be ready for all kinds of exciting experiences! Whether there is rain or sunshine, we will be doing:**

- Practice "Leave No Trace" outdoor etiquette
- Group activities, tours, walks, canoeing and boat rides
- Outdoor field studies in wetlands, marshes, forests and beaches
- Camp chores like cooking, cleaning, and building fires
- Journaling about our experiences and activities
- Watching, identifying, and even meeting wildlife at nature centers
- Building meaningful friendships and memories with your classmates
- Learning to be more independent, self-sufficient and confident
- Learning about the ecosystems, history and people of the Chesapeake Bay through REAL LIFE,

HANDS-ON EXPERIENCES!!!