



PACKING LIST



Pack clothes that can get dirty! Your child will be exploring and learning in an outdoor classroom.

Please **label items** with your child's name.

ESSENTIAL ITEMS:

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag OR 3 blankets and sheets | <input type="checkbox"/> 1 pillow with case |
| <input type="checkbox"/> 2 pairs of shoes (no sandals) | <input type="checkbox"/> Raincoat with hood or poncho |
| <input type="checkbox"/> 3 pairs of pants/shorts | <input type="checkbox"/> 1 pair pajamas |
| <input type="checkbox"/> 3 shirts | <input type="checkbox"/> 6 pairs of socks |
| <input type="checkbox"/> 2 long sleeve shirts | <input type="checkbox"/> 5 underpants |
| <input type="checkbox"/> 1 warm shirt or sweater | <input type="checkbox"/> Gloves/mittens (winter) |
| <input type="checkbox"/> 1 warm jacket | <input type="checkbox"/> Warm Hat or sun hat |
|
 | |
| <input type="checkbox"/> Hairbrush | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Body wash/soap |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> 2 small packs of tissues |
| <input type="checkbox"/> 1 large bath towel | <input type="checkbox"/> 1 wash cloth |
| <input type="checkbox"/> Sanitary napkins | <input type="checkbox"/> bathrobe, shower sandals |
| <input type="checkbox"/> Water bottle! | <input type="checkbox"/> 2 large trash bags |

OPTIONAL ITEMS

- | | |
|---|--|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Bedroom slippers |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Notebook and pencil |
| <input type="checkbox"/> Insect repellent (non-aerosol) | <input type="checkbox"/> Envelopes, stamps, post cards |
| | <input type="checkbox"/> Hand lotion |

ITEMS THAT MAY NOT BE TAKEN

- | | | |
|----------------------|---------------|-------------------|
| • Cell Phones | • Hair dryers | • Knives |
| • Electronic devices | • Makeup | • Aerosols |
| • Smart watches | • Hair Spray | • Athletic equip. |
| • Money | • Gel/mousse | • Candy/gum |

DRESS CODE

- standard school dress code—including no sandals, crocs, flip flops outside of the dorms

If children do not have items, Foothill has items to borrow or use, including toothbrushes, soap, rain gear, and warm jackets, hats, and gloves

CONTACTING YOUR CHILD AT FOOTHILL

Outdoor school provides an excellent opportunity for students to gain independence in a supportive, safe environment. Children are not allowed to have cell phones, which can be concerning for parents. We will contact you in the event of an emergency, illness, or injury.

FACEBOOK: while your child is at Foothill, staff will post pictures on our public Facebook account.

VISITING: We do not have visitation hours during the week; however, if you would like to see the site, please attend one of our open houses held twice a year.

TELEPHONE: Please do not call your child except in case of real emergency. Due to the number of students who attend the program we discourage students from calling home; however, if any concerns arise, a staff member will call you.

MAIL: Send your child a letter!

Write on the envelope:

Your Child's Name, Your Child's School
Foothill Horizons
21925 Lyons Bald Mountain Rd.
Sonora, CA 95370-8770

BED BUGS

More than 7,000 people visit Foothill Horizons during the course of a year, and occasionally they unintentionally bring bed bugs with them. We are contracted with Clark Pest Control to treat and inspect for Bed Bugs monthly. Every weekend our staff inspects all dorms and also during your child's stay. We believe in honesty and will notify you of any suspicion of bed bugs.

For best practice, we strongly encourage families to: **BEFORE AND AFTER** your child's trip:

1. Visually inspect items for bugs.
2. Tumble dry bedding and luggage in a clothes dryer on high heat for 30 min.
3. Spray all non-washable luggage with alcohol-based spray (such as Lysol).

