

FOOTHILL HORIZONS INTERNSHIP

PACKING LIST:

Must haves:

- Social Security Card & Driver's License (copies will not work)
- First Aid & CPR Cards
- Cash or credit card for fingerprinting
- Clothes suitable to wear outdoors in a public school environment in any weather condition. Note: Temperatures range from mid-20's in winter to over 100 degrees in fall and spring. It could be bone dry to foot-deep slushy snow, so bring waterproof gear as well.
- Face masks
- Bedding for a twin bed
- Towels & Toiletries
- Laundry detergent - washer & dryer are in your housing
- Backpack - to carry your teaching supplies, water bottle, rain coat. Just a bookbag-size pack will do.
- Water bottle & travel mug
- Dependable alarm clock
- A watch
- Flashlight or headlamp
- A journal in which you can record new things that you learn and experiences you want to remember
- Food for your first several days here**, many meals will be available after training ends and students begin arriving to campus

Optional, but handy...

- Natural history books, guides, binoculars, camera, hand lens, laptop, etc.
- Pocket knife or multi-use tool
- Gear for your adventures - tent, sleeping bag, etc.
- Mouse-proof containers/tubs for food storage - some will be provided.
- Light, sun-proof hat
- A picture of you when you were in 6th grade! (We will use it for our staff board, if everyone has one.)
- Musical instruments, yoga mat, recreation equipment, arts & craft supplies

DRESS CODE

Stanislaus County Office of Education has a professional dress code, but lucky for us, we are a little different out here in the woods and can make some exceptions. However, we still expect you to dress professionally (even if our job is exploring and teaching in the forest). Please note that the following items are not permitted during work time: open-toed, or open-heeled shoes, strappy tank tops, excessively worn or torn clothing, revealing clothing, short shorts, and attire with drug or alcohol references, political messages or music bands.

We will be providing you with a FHOS Staff Shirt to keep and FHOS Jacket to have for the year. You will be required to wear a FHOS shirt on student arrival days. You will receive a staff discount when buying FHOS Merchandise.

THE DINER

This is the community kitchen, food storage, and eating area. The Diner includes, but is not limited to: A large table with chairs, shelves and some containers for dry food storage, a refrigerator, a stove, oven, microwave, coffee maker, blender, toaster, crockpot, tea kettle, cookie sheets, hand towels, pot holders, flatware, utensils, dishes, cups, pots and pans, and 2 cast iron skillets. There are other random items like some spices and baking items. Consider bringing specialty items that you are attached to - but if you can't carry it all, Sonora has many thrift shops.