



## Student Packing List

Please use this list when packing the items your child will need for their outdoor school experience.

1. Pack everything your child brings in **one** suitcase or duffle bag, plus one bedroll. Please, **do not** tie the items to one another.
2. Weather at Cuyamaca can vary greatly. Items listed below with an asterisk (\*) are absolutely necessary.
3. Please do not purchase new clothing unless it is needed. Comfortable, old clothing is fine.
4. Bunk beds and mattresses are provided in heated cabins. A lightweight sleeping bag will suffice.
5. Stamps are not available at the site. Please pack stamped, pre-addressed postcards or envelopes.

### Bring These Items

Label all items with your child's name.

#### Bedding & Linens

- \* (1) Sleeping bag **OR** (2-4) blankets and sheets
- \* (1) Pillow
- \* (2) Bath towels - large
- (2) Washcloths for washing face

#### Toiletries

- \* (1) Toothbrush & Toothpaste
- \* (1) Bar Soap - in plastic container
- \* (1) Comb or brush
- \* (1) Tissue packet
- \* (1) Chapstick
- \* (1) Shampoo - unscented
- \* (1) Sunscreen - unscented lotion only

#### Clothing

- \* (1) Heavy jacket
- \* (1) Heavy sweatshirt
- \* (2 pair) Tennis or hiking shoes
- \* (4 pair) Long pants
- \* (4) T-shirts
- \* (4) Long-sleeved shirts
- \* (4) Underwear
- \* (6-8 pair) Socks
- \* (1) Pajamas
- (1) Bathrobe
- (1 pair) Shower sandals
- (1) Hat or cap
- (1) Belt

#### Equipment

- \* (1) Water bottle with a strap (or hydration backpack)
- (1) Camera (disposable)
- (1-2) Laundry bag
- (1) Leisure reading book
- (1 pair) Earplugs for light sleepers
- Stamped, pre-addressed postcards

#### Winter Items (November-April)

- \* (1 pair) Rain boots **OR** (6) Plastic bags to go over socks and inside shoes
- \* (1) Raincoat with hood, or rain poncho
- \* (2 pair) Gloves or mittens
- \* (1) Beanie
- (1) Scarf

#### 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.

#### Warm Weather Months

- \* (4) Short-sleeved shirts
- \* (1) Light jacket or hoodie sweatshirt
- (2) Shorts (worn on campus only)

### Do Not Bring the Following Items

Items on this list will be confiscated and given to a staff member from your school.

- Cell phone (there's no cell service)
- Candy, gum, snacks, or food of any kind
- Flashlights
- Knives, hatchets, other weapons
- Matches, lighters, or fire starters
- Hair dryers or curling irons
- Makeup
- Money
- Personal electronic devices, such as games and media players
- Jewelry or watches
- Expensive cameras
- Aerosol sprays

#### Nut-Free Campus

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.

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