

# FROST VALLEY PACKING CHECKLIST

CLOTHING & ACCESSORIES	✓
Water Proof Boots	
Winter Coat	
Snow Pants	
6 changes of underwear	
AT LEAST 6 pairs of warm socks	
Sleepwear for 2 nights	
Winter Hat	
Scarf or face gator	
Winter Gloves	
Pair of Cabin Shoes (sneakers or slippers)	
Leggings or Sweatpants for under snow pants	
Sweatshirts/Sweater for 3 days	
T-shirts or Long Sleeves for 3 days	
String Bag or Small Backpack	

RECOMMENDED BEDDING <small>(BASICS ARE PROVIDED BY FROST VALLEY)</small>	
Pillow	
Blanket or Sleeping Bag	

BATHROOM NEEDS	✓
Bath Towel	
Shower Shoes	
Toothbrush	
Toothpaste	
Soap	
Deodorant	
Shampoo	
Conditioner	
Hair Brush	

EXTRAS	✓
Hot Hands	
Card Games/Board Games	
Money for the Frost Valley Store	
Plastic bag for Muddy Clothes and/or Shoes	
Flashlight	

**MAKE SURE YOUR NAME IS ON EVERYTHING!**  
**BECAUSE OF THE ELEVATION, EXPECT THE TEMPERATURE AT FROST VALLEY TO BE ABOUT 15-20 DEGREES COOLER THAN IT WOULD BE AT HOME. DRESS IN LAYERS.**

**THE FOLLOWING ITEMS ARE PROHIBITED**

- CELL PHONES
- ELECTRONIC GAMES OR MUSIC PLAYERS OF ANY KIND AND ELECTRIC HAIR TOOLS
- FOOD OF ANY KIND, CANDY OR GUM
- UNAUTHORIZED OR OVER-THE COUNTER MEDICATION (LIKE ADVIL OR TYLENOL) WITH OUT PRIOR NOTICE - ALL MEDICATION MUST BE ADMINISTERED BY THE NURSE