

Bowman Bay Packing List

All students must pack and bring all of the **ESSENTIAL ITEMS** for the 5-day expedition. There are no laundry facilities at the park!! Please do not bring expensive items. Neither the Lake Washington School District, nor the Deception Pass State Park assumes any responsibility for lost items. Mark all items with a permanent pen.

ESSENTIAL ITEMS:

1 LARGE DUFFLE BAG (lined with plastic bag) clearly labeled with student name containing:

- _____ 2 pair long jeans or pants
- _____ 1 pair of shorts
- _____ 2 t-shirts
- _____ Changes of underwear & socks
- _____ Warm coat
- _____ 1 Warm sweater or fleece
- _____ 1 pair wool socks
- _____ Long underwear
- _____ 1 pair tennis shoes
- _____ 1 pair sturdy shoes or boots (beach and trail)
- _____ Water shoes/sandals WITH a heel strap (Crocs, Chacos, Tevas, etc.)
- _____ Wristwatch (no access to chargers)
- _____ Personal toiletries (deodorant)
- _____ Feminine hygiene items (even if not expected)
- _____ Toothbrush and toothpaste
- _____ Wet wipe package (to cleanse face/body, remove sunscreen daily)
- _____ Warm sleeping bag (in stuff sack labeled with name and lined with plastic bag)
- _____ Lightweight backpacking sleeping pad (no open-cell foam pads)
- _____ Plate and bowl (mess kit)
- _____ Spoon or fork / Spork
- _____ Cup/mug (suitable for hot cocoa/liquids)



1 DAYPACK (to be lined with plastic bag and kept with the student at all times) containing:

- _____ **SACK Lunch for First Day**
- _____ Tupperware or plastic container with sealable lid to hold daily lunches
- _____ Warm (wool or fleece) stocking cap
- _____ Warm (wool or fleece) gloves
- _____ Hat or cap for sun
- _____ Sturdy reusable water bottle filled and marked w/ student's name
- _____ Empty gallon Ziplock bag for personal trash
- _____ Expedition Journal and pens/pencils in a Ziplock bag
- _____ Wool Sweater or fleece Jacket
- _____ **Rain jacket (must be WATERPROOF!)**
- _____ **Rain pants (must be WATERPROOF!)**
- _____ Sunscreen (SPF 15 or higher) – **NOT** spray-on
- _____ Work gloves (rubber garden gloves will do)
- _____ Flashlight or headlamp w/ new batteries

Optional Items:

- _____ Sunglasses
- _____ Camera
- _____ Small bottle of hand sanitizer
- _____ Pillow
- _____ Reading book
- _____ Earplugs

Do NOT bring:

- Cell phones, smart watches, or any electronic devices or games (These will be confiscated)
- Pets
- Gum or candy
- Matches or fireworks
- Knives
- Expensive watches/jewelry
- Magazines
- Marking or Felt pens

IMPORTANT NOTES:

- Nylon pants and jackets are NOT adequate raingear. Raingear must be WATERPROOF. Even items that were waterproof when new can lose their repellant quality! All raingear must be tested for waterproof quality before going on expedition - if fabric soaks when sprayed with water, consider treating with water repellant spray (available at REI or sports stores) to ensure that fabric is waterproof. This treatment usually requires 72 hours to cure - so don't delay, check today!!
- EAS Dress Code Guidelines apply on school excursions
- Parents: please check student gear prior to sending them to school. For the safety and well-being of individuals and the group it is extremely important that students bring the ESSENTIAL ITEMS listed above. Weather is unpredictable and we must prepare for rain, wind, and cold. **All items should be clearly marked with student's name.**