

Renaissance School Outdoor Education

Camp River Ranch 2017

September 19: 8th GR Leadership Retreat

September 20-22: All School Outdoor Ed Camp

PACKING INFORMATION

Hey, Renaissance! It's time to pack for camp! See the Packing List attached and check off what you need to bring. There are no laundry facilities, so bring enough for the three days you'll be away, and make sure they're "play clothes" so you can relax and have fun. Don't bring expensive items you or your parents will worry about. By the way, neither Lake Washington School District, nor Camp River Ranch assumes any responsibility for lost or damaged items. Look after your stuff, and don't touch anyone else's without their permission.

Weather in the mountains is variable, and almost always wet at some time. So here's the definition of waterproof fabric: *A truly waterproof fabric must be able to withstand water entry resulting from active use in extended wet weather, including walking/hiking in wind-driven rain, kneeling or sitting on a wet surface.*

Students and parent volunteers need to have durable, waterproof jackets, headwear and footwear. Also, temperatures can vary significantly from day to day, and day to night. Please ensure you're ready for all kinds of weather by packing light layers such as a fleece pullover, cotton sweatshirt, etc. that can be worn under rain coats/ponchos for warmth, and be removed as temperatures warm up. Yes, you might even need sunscreen!

The number one thing is this: if the students are physically comfortable, the outdoor education experience will be a success! Many years of camping experience have proven that the information listed below works. **Please remember that we do our activities at camp both indoors and out, rain or shine!**

Plan ahead for the unexpected: We cannot medicate your child without written permission, signed by the prescribing physician or dentist – even for a headache. This applies to over-the-counter and prescription medications. Every student should have an **Authorization for Administration of Medication at School** form that you received at the mandatory camp meeting. Without this filled out, a scraped chin or twisted ankle, cramps or toothache cannot be treated unless a parent administers the meds. Self-carried meds such as asthma inhalers and epi pens must still be checked in with our school nurse, June Link. Contact Ms. Link at 936-1522. All Authorization forms must be turned in, with the medication, by Friday, September 8, 2017.

Don't pack for them: Let them pack their own gear. They'll know where things are, and be responsible for bringing what they need. If things are forgotten, the lesson will be learned. Pack boots, jacket, and flashlight on top for quick access as temperatures and darkness falls. Students, remember that you have to carry your own luggage!

Ziploc magic: Pack a set of clothes in separate plastic bags, one for each day. Use the bags for dirty laundry & wet towels for the trip home. Label the bag with your name and the name of the day you'll wear the clothes. Squeeze out the excess air before the final zip shut for a compact packing job.

Sleeping bag: This should be an outdoor rated sleeping bag, not a slumber bag. All our cabins are heated, with individual building controls. If you think you will need even more warmth, put a light blanket inside the sleeping bag. Put your sleeping bag & pillow in a stuff sack, and then inside a large garbage bag with your name on the outside. Secure with a twist tie as a knot will have to be ripped, making the bag useless for the trip home. Also, if the bag isn't tied shut, sure as shoot, the sleeping bag or pillow will fall in the mud! It happens to at least one person each trip.

Stay warm & dry: A warm jacket with a hood should be packed last, if not worn. The jacket should be waterproof, or pack a rain jacket or poncho that fits over top of a fleece. If the coat doesn't have a hood, send a waterproof hat. A wet head is the best way to lose body heat and a sure invitation to a nasty cold.

Flashlight: Load it with fresh batteries and make sure it works.

Worry-free clothes: Pack things that you can feel comfortable getting grubby in, and that your parents won't mind if they come home well worn.

Label everything: Clothes, sleeping bag, shoes, boots, the works. There will be a Lost & Found set up in the Dining Hall.

Snacks: Snacks will be provided daily. Food in the dormitories invites rodents and bugs.

NOTE: No gum – never, absolutely not.

Toilet Articles: Toothbrush, toothpaste, soap, wash cloth, hand & shower towel should be packed in a plastic zipper bag (such as Ziploc) or toiletries case so they can be carried to the bathroom and kept dry. There are shower facilities and restrooms in the dormitories – one building for girls, the other for boys.

Dress in Layers: Such as cotton T-shirt, sweatshirt, jacket, etc. As the day gets warmer you can peel off. As it gets colder you can re-layer. Three lighter weight garments are better than one heavy coat.

Special Jewelry, Cell Phones, iPods, etc: Leave them at home.

Suitcases: Pack everything in a duffle bag or backpack. **NO PLASTIC GARBAGE BAGS** as luggage PLEASE. Do not use good suitcases as they'll just end up scratched and dirty. Each student will be responsible to transporting their own luggage to the cabins walking a long way on a dirt trail so make sure it's easy to transport.