



Packing Checklist

1. *Consider the location and climate*

When packing, some things to consider are:

- The mountains can be 20° colder than where you live. Check the forecast for zip code 92341 at NOAA.gov
- Dressing in layers is better than wearing one bulky item.
- In rain/snow, wool and fleece are warmer than cotton.
- Some rain ponchos, rubber boots, jackets, hats & gloves are available to borrow.

2. *Pack efficiently*

Two pieces of luggage only:

1. Sleeping bag/bedroll wrapped in plastic bag, labeled with name and school
2. Suitcase/ duffel bag labeled with name and school

3. *Morning of Departure*

The weather in the mountains is often very different than the conditions at your school. Before your child hops on that bus to ECOS, make sure that they are dressed appropriately for the mountains, with warm clothing, jackets, and good walking shoes.

THE ESSENTIALS:

Sleeping bag or bedroll (sheets & blankets) & Pillow

Heavy, warm jacket

Long & short sleeve shirts (no tank tops)

Sweater/sweatshirt

Jeans/sturdy pants (Please, no tights, leggings, or capris as an outer layer)

Socks & Underwear

Hat (for warmth & sun protection)

Shoes (comfortable walking shoes/hiking boots with tread & closed toe)

Pajamas

Towel

Toiletry kit: comb/brush, soap, shampoo, toothbrush, toothpaste, deodorant, lip balm, sanitary supplies (if needed)

ADDITIONAL ITEMS FOR WINTER:

Long underwear/sweats/tights

Waterproof hiking boots or snow boots

Extra thick socks

Gloves

PLEASE DO NOT BRING:

Electronics (cell phones, games, radios, etc.)

Money or valuables

Food, candy or gum

Make-up, cologne/perfume, hairspray, etc.

Dangerous items (knives, lighters, etc.)