



# Program Planning Guide



Education  
Partner  
of  
Indiana Dunes  
National Park

**WELCOME!** We are excited to have your group visit Dunes Learning Center and explore the outdoor classroom of Indiana Dunes National Park.

Located at the southern end of Lake Michigan, Indiana Dunes National Park is a natural treasure showcasing plant ecology and succession, the themes from which many of our lessons grow. At Dunes Learning Center, students become a part of a long tradition of exploration and discovery, resulting in new knowledge of the environment as well as increased self confidence and resilience.

This guide will help in planning your learning adventure. Please read the entire guide and refer to the checklists for time frames and deadlines. Thank you for selecting Dunes Learning Center for your group’s outdoor science educational needs.

Some health and safety protocols are included throughout this guide, but please refer to our website for current procedures: [DunesLearningCenter.org/school-health](http://DunesLearningCenter.org/school-health)

Thank you!  
Dunes Learning Center Staff

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**DunesLearningCenter.org**  
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As a leading authority in youth development, the American Camp Association works to preserve, promote, and improve the camp experience. Learn more at: [acacamps.org](http://acacamps.org).

# Program Checklist

This checklist will help you to ensure that all of the critical details are covered. Please review and have all aspects completed BEFORE ARRIVAL. We look forward to providing you with an exceptional learning experience in the dunes.



## 3–12 MONTHS AHEAD:

- Secure dates and return signed contract.
- Arrange a teacher orientation visit to Dunes Learning Center (recommended for first time groups).
- Make all transportation arrangements with school district or rental company. Please check your contract for specific arrival and departure times and let us know any conflicts. Dunes Learning Center may not be able to accommodate program staffing for early arrivals or late departures.
- Begin to recruit chaperones; many parents need ample time to plan.

## 3 MONTHS AHEAD:

- If needed, arrange a time for Dunes Learning Center staff to present an orientation program to parents at your school or via Zoom.
- Make sure all school district requirements for trip approval and insurance are met.
- Upon receipt of your signed contract, you will receive access to your Web Workbook and online participant forms (see page 5 for details on status and all of the tabs).
- Begin informing parents and students about the upcoming program dates and meetings.
- If you need additional planning support, schedule a meeting with Dunes Learning Center Staff.
- Read through Dunes Learning Center Program Policies & Administrative Information (see page 6). Send certificate of insurance to Dunes Learning Center.
- Recruit chaperones; many parents need ample time to plan. Plan for 1 adult per 7 students.

## 2 MONTHS AHEAD:

- Distribute hand-outs to students: Parent/Guardian Materials & Packing List (see pages 14-15).
- Set a date no less than three weeks before arrival for all Student (and Adult) Participant Forms to be submitted. **Forms can be found online at [duneslearningcenter.org/forms](https://duneslearningcenter.org/forms)**
- Sign up and confirm teacher/parent chaperones. Supply all chaperones with *Chaperone Materials* and the *Packing List* (see pages 13-16), and ask them to submit an Adult Participant form online.

## 4 WEEKS AHEAD:

- Collect program fees and initiate a purchase order or necessary paperwork for payment. We request a single check from your organization as payment. Billing is based on the participant numbers submitted via the Meal and Lodging tab on your Web Workbook.

- Use your Web Workbook to divide students into trail groups (Dunes Learning Center staff will determine the number of trail groups). Trail groups should be co-ed (unless there is some reason that prevents this).
- Use your Web Workbook to assign students to cabins (Dunes Learning Center staff will determine the number of cabins available for your use). Inform students of their trail and cabin groups before arrival. Cabin groups are traditionally single-sex however, this is not a DLC policy. Cabin capacity is no more than eight people.
- Review your program schedule on the Web Workbook; discuss any questions with Dunes Learning Center staff.

### **3 WEEKS AHEAD:**

- Review your Student Participant Form responses in the Web Workbook to ensure they have all been submitted. ***Follow up with participants who have not yet submitted their forms.***
- Complete the Meal and Lodging tab in your Web Workbook. Billing will be calculated for no less than these participant numbers.
- Complete meal Table assignments in your Web Workbook; review Trail Groups and Cabin assignments.
- Complete pre-visit activities with students, including making copies of program journal (*if applicable*).

### **2 WEEKS AHEAD:**

- If desired, have students and adults make name tags, which include their trail group and cabin name.
- We recommend hosting a meeting with all chaperones to discuss schedules and responsibilities. Make sure chaperones have been given the *Chaperone Materials* (page 13).

### **DAY BEFORE:**

- Remind students of what to wear. Students and chaperones should be dressed in outdoor clothing and footwear appropriate for the day's weather conditions when they arrive. Participants will be outdoors and starting activities before moving into cabins.
- Please be aware of participants' health status - if anyone is ill, they should not plan to attend.



### **DAY OF ARRIVAL:**

- Collect and organize all medications from students and give them to the adult teacher/chaperone that will be in charge of medications for your school.
- Have your final payment (check or purchase order) with you to present to Dunes Learning Center staff on the first day of your program. Contact the Registrar to confirm your total participant numbers or to discuss your school's business operations.

# Web Workbook

The Web Workbook is a Google spreadsheet with tabs to store all of the information for your program. Our permission forms and other systems feed directly into this document to keep everything in one place. Please familiarize yourself with all of these tabs and share appropriate information with other teachers and chaperones as needed.

## **MEAL, LODGING, & GROUP SUMMARY—MUST BE COMPLETED 3 WEEKS PRIOR TO ARRIVAL**

Use this sheet to confirm the details of your visit such as the number of participants, arrival and departure times, goals, birthdays, etc.

## **STUDENT AND ADULT PARTICIPANT LISTS**

Use these sheets to view completed participant forms. When the form is completed online, the data goes into a master datasheet. The individual forms are manually transferred from the master to the respective workbook, therefore you will not see the form instantly. There is a 24-48 hour delay. Please feel free to contact the Education Manager or Education Director prior to notifying participants of missing forms.

## **TRAIL GROUP ASSIGNMENTS**

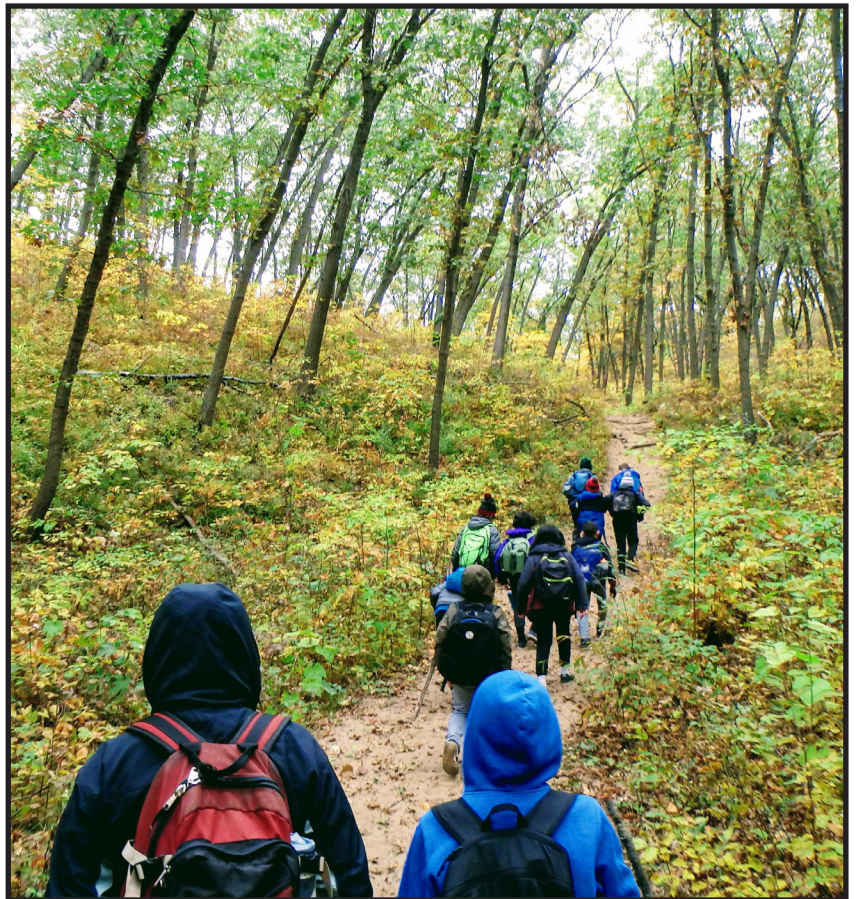
The Education Manager will advise you how many students should be in each trail group. At least one adult must be assigned to each trail group.

## **CABIN ASSIGNMENTS**

Use this sheet to assign students to cabins prior to arrival. Refer to your contract for cabin occupancy numbers and review with the Education Manager 4 weeks in advance. Additional campers and lodging arrangements must be approved by Dunes Learning Center prior to the visit.

## **SCHEDULE**

Please review the daily schedule and contact the Education Manager if you have any questions.



# Program Policies & Administrative Information

These policies are designed to make your visit to Dunes Learning Center a safe and pleasant experience for teachers and students.

## CONTRACTS

A signed contract with deposit must be received to hold your dates.

## PROGRAM CAPACITY & LODGING

For overnight programs, Dunes Learning Center requires a minimum of 21 students and can accommodate up to 70 students. There are 10 cabins that each have 8 beds. Each cabin must have a minimum of 1 adult chaperone. Cots in cabins are not permitted to exceed the cabin maximum capacity of eight people. Refer to your school's policies regarding lodging to determine your required number of chaperones and gender lodging arrangements.



In general, identify number of boys and girls; divide each by 7 to determine the number of chaperones required. Contact the Registrar with questions about chaperones and cabin capacity.

## CANCELLATION

We hold dates firm after receiving signed contracts. If cancellation is unavoidable, please contact Dunes Learning Center in writing as soon as possible. A penalty fee is charged if there is a cancellation, as indicated on the contract. If your school closes due to weather conditions, we will negotiate fees based on the length of your stay and attempt to reschedule your program. We cannot guarantee substitution dates. If cancellation occurs within 7 days of your stay for any reason other than school closing or a communicable disease outbreak, the penalty fee will increase to 90% of your estimated bill.

## BILLING

Refer to your contract for your program fees. The contract is between the school/group and Dunes Learning Center and is paid with a 25% deposit accompanying the signed contract; payment of the balance from the school should be paid at the time of the program. One adult must attend for each cabin of students for overnight programs. Additional adults are charged the full participant price.

## INSURANCE

Dunes Learning Center carries liability insurance for program activities at Dunes Learning Center. Student illness or injury is not covered under the Dunes Learning Center's liability insurance. We ask each school or group to provide a certificate of insurance to Dunes Learning Center at least five days prior to the program.

## HEALTH AND MEDICAL POLICIES

Dunes Learning Center staff are all First Aid/CPR/AED certified. Dunes Learning Center staff reserves the right to request emergency services if they deem it necessary. The school or group is responsible for participants' first aid and emergency care when staff leaves campus in the evenings. At least one adult must have a current certification in age-appropriate First Aid/CPR/AED from a nationally recognized provider. Additionally, personal emergency transportation (ie: in the event of a participant's upset stomach or twisted ankle) is the group's responsibility at any time during the program. Please report any incidents to the Dunes Learning Center Education Manager or designee.

# While You Are Here

## NIGHT HOURS

- Quiet Hours at Dunes Learning Center are 10:00 p.m. to 7:30 a.m.
- Any school-planned activities during Quiet Hours must be approved in advance by the DLC Onsite Education Manager or Education Director.
- After the evening program, students should return with their teachers and chaperones to their assigned cabins.
- Participants should remain in their cabins during Quiet Hours.



## EMERGENCIES

In the case of a medical emergency please call 911. All other types of emergencies should be directed to NPS park dispatch at 1-800-PARK-TIP (1-800-727-5847). Other emergency procedures will be explained upon your arrival.

## TELEPHONES

A telephone is provided for teachers in Cowles Lodge. Cell phone reception at Dunes Learning Center can be intermittent depending on your carrier. Please do not use cell phones during program in sight of students and discuss phone policies ahead of time with chaperones. Students are asked not to bring electronics or cell phones.

## HEALTH AND MEDICAL PROCEDURES

- All students and adults must complete and submit a participant form **3 WEEKS PRIOR TO ARRIVAL**. Student and Adult Participation forms can be found online at [duneslearningcenter.org/forms](http://duneslearningcenter.org/forms).
- All Dunes Learning Center staff are trained and certified in First Aid and CPR/AED.
- Emergency assistance is available 24 hours a day through the National Park Service (NPS) dispatch communication center. Emergency phone numbers are posted at phones that are available to guests.
- All medications are the responsibility of the school staff. Refrigeration is available and a medical room is provided to secure medications. Asthma inhalers and epi-pens should be carried by the adult chaperone/teacher with that student.
- Dunes Learning Center policy prevents Dunes Learning Center staff from administering any medications that are not basic First Aid in nature.
- Dunes Learning Center requires the school have one vehicle on-site for emergency transport use.

# Supervision, the Rule of Three, and Behavior

## SUPERVISION

- One adult must accompany each of the trail groups during daytime and evening activities, as well as at each table during meal times.
- The school must have professional staff on site at all times.
- It is the school's responsibility to provide adequate supervision in the cabins.
- We recommend that adults who work with the program remain on site for the entire stay.

## RULE OF THREE

Dunes Learning Center utilizes the "rule of three" to ensure the safety of our campers. This requires a minimum of 3 people to be together at all times. The group of 3 may consist of 2 adults and 1 child, or 1 adult and 2 children.

## BEHAVIOR

We follow a simple one-word rule: RESPECT. We expect everyone to respect themselves by following instructions and safety guidelines; respect others by treating all campers and staff with courtesy; respect the facilities at camp; and respect the environment in their enjoyment of nature. Our RESPECT rule is clearly outlined for everyone at the beginning of camp. They are made aware of the rule and the consequences following disrespectful behavior.

Programs are thoughtfully designed to be a pleasant, educational, healthy, and safe environment for all. Dunes Learning Center reserves the right to send home any child who exhibits unsuitable or consistently disrespectful behavior, endangers the camp community, or engages in destructive acts. Any event of unacceptable behavior will result in the following:

- **1st Strike:** a warning is issued and the program staff/teacher/chaperone talks with the child.
- **2nd Strike:** a second warning is issued and the child speaks with the Lead Staff. The camper calls their parent/guardian to report their own misbehavior.
- **3rd Strike:** child is withdrawn from activities. The child's parent or guardian is responsible for picking them up from camp. In this case, there is no refund.

**Serious infractions such as fighting, having weapons or controlled substances will result in immediate dismissal and possible prosecution.**







## Teacher/Organizer Responsibilities

Your partnership is an important part of this exciting adventure. Together we can provide your students with a challenging and fun learning experience. The Education Manager will communicate with you regarding the adult chaperone to student ratio for your trip, including the cabin and trail groups. To make the program work smoothly, we require assistance with the following:

- Inform and prepare parents, teachers, and chaperones by distributing information and documents found at the end of this guide (pages 13-16) well in advance of your scheduled visit.
- Complete and submit all required forms prior to arrival and according to the Checklist schedule. Call the Registrar if you have any questions.
- Notify Dunes Learning Center staff of children with special physical, emotional, or behavioral needs and their required accommodations.
- Ensure all adults attend the teacher and chaperone orientation presented upon your arrival at Dunes Learning Center. Communicate orientation information to any adult who may have missed the meeting.
- Provide support and supervision at all times.
- Supervise cabin times, or oversee adult chaperones in this role.
- Take a leadership role with any free time scheduled each day.
- Take students to their activities and meals on time according to the schedule.
- Help manage student behavior.
- Distribute students' daily medications.
- Evaluate our efforts at the end of your stay.

### Free Time

Each day there may be "free" times where there are no specific activities scheduled. Dunes Learning Center staff are preparing for the next set of activities during these periods. We ask that school staff and chaperones provide leadership and supervision of students during free time. Optional activities include rest time in cabins (with adult supervision), journal time inside or outside of the cabins, or recreation in the cabin circle and Sandamander's Cove, the nature play zone. Whatever students choose to do, it is important that activities are monitored by school staff and chaperones.

# Program Activities

For the specific activities of your program, please refer to your Web Workbook Schedule and the program details on the website, [DunesLearningCenter.org](http://DunesLearningCenter.org). All overnight programs include these activities:

## Campfire

Gather around the campfire with the Naturalists for skits, silly songs, and s'mores.



## Team Building

Team building activities allow students to develop positive relationships while working toward achieving a common goal. Students are challenged to collaborate, communicate, and solve problems together resulting in a group experience that promotes cooperative learning and builds a sense of community.



## Hikes and Exploration Activities

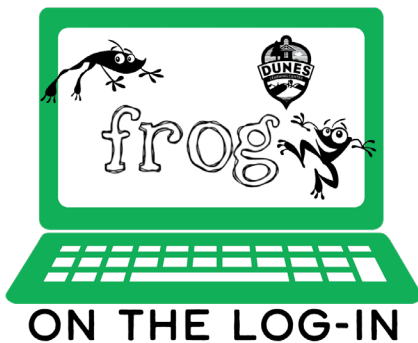
Discover adventure and fun with math, science and social studies while hiking with a Naturalist and engaging in exploration activities. A variety of state and national curriculum requirements are met as students explore the natural and cultural history of the dunes, the interconnection of human and natural environments and the rich biological diversity found in the southern Lake Michigan region.

## Night Hike

Campers learn about nocturnal adaptations while experiencing the outdoors at night. For many campers, this is their first time hiking in the dark.



Sample program schedules can be found online:  
[DunesLearningCenter.org/schoolyear](http://DunesLearningCenter.org/schoolyear)



Please discuss pre- and post-program activities with the Onsite Education Manager. We offer options for virtual and in-person learning to complement your on-campus visit.

# Food Service and Meals

Dunes Learning Center provides fresh, balanced, kid-friendly meals (3 meals per day along with snacks). In order to provide a safe environment for individuals with food allergies, Dunes Learning Center is an allergen aware facility. Meal times are important parts of the camper's day and provide opportunities for socializing, fun activities, and learning about food as a natural resource.

Our full-service kitchen can meet most special dietary needs. DLC staff plans your group's menu around any necessary accommodations, so that everyone can eat the same thing. Please let us know of any dietary restrictions at least 3 weeks in advance, by having participants with restriction complete and submit a Dietary Restriction Form, found on our website at [DunesLearningCenter.org/dietary](http://DunesLearningCenter.org/dietary).

Food (including snacks and candy) is not allowed in the cabins, as it attract pests. If you group brings any snacks, they must be nut-free and kept in the lodge.



# Camp Facilities

Photos and descriptions of the campus can be found at [DunesLearningCenter.org/camp-facilities](http://DunesLearningCenter.org/camp-facilities). Dunes Learning Center has ten cabins that each accommodate eight people, up to seven campers and one adult cabin leader. Please discuss cabin occupancy with the Registrar when finalizing your contract. The cabins are fully accessible, with comfortable bunk beds, heat and air conditioning, and private toilets and showers. Your school policies determine how your male and female students are assigned to cabins. Students are supervised by adults both inside the cabins and during all activities.



# Communications to Community & Funders

We strive to ensure our programs are available to all students at Dunes Learning Center. Funding from the National Park Service and Indiana Dunes National Park, as well as generous support from many other organizations and individuals, helps underwrite the cost of school-year overnight programs. Scholarships provide need-based support to students and schools that lack the economic opportunity to participate. Funds are available on a sliding scale based on free and reduced-price meal qualification, Title 1 status, and Environmental Justice community classification.

Dunes Learning Center asks all visiting groups to provide feedback from their trip so that we can thank the many generous supporters who ensure these programs are available to all students. We need your help to make sure our donors know the impact their investment has had on your students.



## Here's how you can help:

- Like/Follow DLC on social media: Facebook (@DunesLearningCenter) and Instagram (@DunesLearning).
- Take lots of pictures! A picture is worth a thousand words.
- Assign chaperones to help with gathering pictures, video, and stories. You can't be everywhere at one time!
- Collect quotes and stories from students to use in your post-program evaluation.
- Share outcome data in your post-program evaluation - have students' knowledge, attitudes, and actions changed? We can use your comments in future proposals!
- Use your social media account to share your experience! Don't forget to tag and thank specific donors and Dunes Learning Center (sample messages below).
- Ask students to create letters, drawings, photos, or a video to thank your scholarship funders.

## Sample Messages for Social Media or Other Communications

@DunesLearningCenter educators are bringing learning to life for [@SchoolName] students, thanks to funding by [@DonorName].

Our [fourth grade] students will never forget the lessons they learned on trail with their @DunesLearningCenter naturalists! Thank you to [@DonorName], for the scholarship that made this experience possible for our kids!

Our students learned so much from their @DunesLearningCenter experience! Thank you to [@DonorName], for their generous support of hands-on environmental education in the #Indiana Dunes

Today our students hiked to #LakeMichigan, many for the first time in their lives. Thank you to [@DonorName], whose generous funding made our @DunesLearning trip possible!

Found a salamander! Thanks to [@DonorName], for making our @DunesLearning trip possible!

Hashtags to use: #OutdoorClassroom #IndianaDunes #LearnYourPark #environmentaleducation #KidsNeedNature #NatureNeedsKids





# Chaperone Information

Thank you so much for volunteering to supervise students at Dunes Learning Center. Without your commitment and effort, we would not be able to offer this learning opportunity to your children. Below you will find guidelines that we hope will make your job much easier. These guidelines are designed to keep students safe, secure, and add to their learning experience:

Children are to be supervised by an adult at all times and at no time should be left in the cabin alone. Dunes Learning Center utilizes the “rule of three” to ensure the safety of our campers. This requires a minimum of 3 people to be together at all times. The group of 3 may consist of 2 adults and 1 child, or 1 adult and 2 children.

Set expectations for your cabin as soon as possible in a group meeting to go over behavior expectations and DLC policies.

- Students are expected to respect other people and their belongings. No rough play, running, or rowdy behavior in the cabins.
- Students should stay in their own cabin and never enter other cabins.
- Food is not allowed in the cabins.
- Do not vandalize beds, walls, or dressers. The cost of any damage will be passed on to the school or student’s family.
- Students should enter and exit cabins only through the front door. All other doors are for emergency use only.
- Discuss schedules: lights out, wake up times, shower schedules.



## Other things to know:

Do not tell or let other students share ghost stories or other scary stories. These work against our goals and reinforce unhealthy fears and anxieties.

Quiet Hours are from 10:00 p.m. to 7:30 a.m. Adequate rest provides a better experience for everyone. Groups should remain in their cabins during quiet time.

Help us conserve energy by turning down thermostats and turning off lights when leaving the cabin.

Work with the group leader to identify students who require a lower bunk.



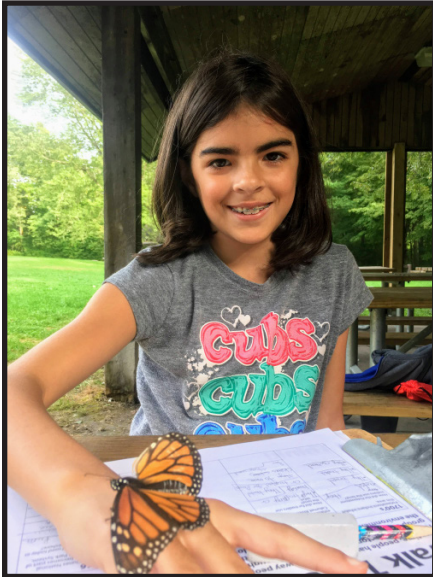
Please limit phone use in front of students and in cabins. If a student is homesick, discuss with a teacher.

All medications for adults and students must be stored in the first aid room in the Lodge.

Smoking, vaping, or alcoholic beverages are not permitted anywhere on Dunes Learning Center’s campus or during any part of the program during your visit.

# Parent/Guardian Information

Your student is about to embark on an exciting learning adventure that they will never forget! Dunes Learning Center is located in the heart of Indiana Dunes National Park, just 50 miles from downtown Chicago. Close to the Chellberg Farm and Bailly Homestead historic sites, Dunes Learning Center is a special place: a hands-on learning community dedicated to exploration and discovery.



During their time in the Indiana Dunes, students will visit many different parts of the National Park to learn about the history and diversity of the dunes through hikes, games, stewardship projects, and other exciting activities. The interdisciplinary program strengthens both academic and social skills, including: critical thinking, self confidence, creativity, collaboration, communication, and perseverance. Programs are designed to meet state curriculum standards while incorporating traditional outdoor learning activities like campfire songs, games, night hikes, and much more.

Dunes Learning Center program staff are trained and informed educators who involve the whole person, address multiple learning styles, and facilitate respectful discussion. Each has First Aid and CPR certification, as well as training for emergencies while hiking. All staff are committed to ensuring that your student has a fun (and safe) learning experience.

You have an important role in preparing your student for this opportunity!

- Help your child pack and make sure that they are prepared for the weather.
- Please do not include food or electronic devices, including cell phones.
- ***Complete and submit the required Student Participant Form found online at [DunesLearningCenter.org/forms](https://DunesLearningCenter.org/forms) as soon as possible.***

***Your child will not be allowed to participate without it.***



In order to totally immerse your student in the program, we ask that you do not phone or ask your student to call home. In the event of an emergency and you need to reach your student, please contact your school's staff first, then try to reach Dunes Learning Center by calling 219-395-9555 (9am–5pm) or 1-800- PARK-TIP (800-727-5847) during off hours.

Sincerely,  
Dunes Learning Center Program Staff

PS: Dunes Learning Center, the non-profit education partner of Indiana Dunes National Park, raises funds for scholarships so that all children have an opportunity to participate in our programs. For more information about how you or your organization can support environmental education in the dunes, visit our website at **[DunesLearningCenter.org](https://DunesLearningCenter.org)**.

Dunes Learning Center facilities include ten modern cabins, each accommodating eight people (seven campers with one adult Cabin Leader). They are equipped with bunk beds, bathroom facilities, and a private shower, along with heating and air-conditioning to keep guests comfortable year-round. Cowles Lodge, a large, multi-purpose dining and activity hall, sits at the center of our campus. The building is equipped with a certified full-service kitchen, where all meals are prepared by our professional food service staff. More information about the facilities (including a tour) are online: [DunesLearningCenter.org/camp-facilities](http://DunesLearningCenter.org/camp-facilities)



## Student Expectations

Please discuss these guidelines with your student. Dunes Learning Center is a place where everyone can feel safe and free to learn. To ensure that this happens, we have one rule: RESPECT.

### RESPECT everyone, including yourself.

- Respect other people, including their belongings and materials.
- Do not use “put downs,” inappropriate words, or tease others.
- Do not fight or hit anyone.
- No “horse-play” or rough housing inside cabins or other buildings.
- Do not climb on trees, beams, or other high structures.
- Drink plenty of water.
- Get plenty of sleep.
- Wear appropriate clothing for the weather and be prepared for the next activity.
- Turn in all medication to your teachers.
- Wear shoes at all times while outdoors.
- Do not enter cabins without adult supervision, and stay in your own cabin.

### RESPECT this beautiful natural area.

- Stay on the established trails. Do not pick any plants unless authorized by an instructor.
- Do not feed, harm, or scare wildlife.
- Pick up your trash and put it in the proper container.

### RESPECT the buildings.

- Do not write or carve on walls, beds, or dressers. *Any damages will be paid for by the school or student.*
- Keep the bathrooms clean and ready for the next person.
- Food and snacks are not permitted in the cabins.
- Use emergency doors in cabins ONLY in the event of an emergency and follow instructions.

### RESPECT teachers, chaperones, and instructors.

- Be a good listener and follow instructions.
- Stay within the campus boundaries or with your group at all times.

**Always bring your PMA - Positive Mental Attitude!**

# Dunes Learning Center Packing List

Programs are conducted mostly outdoors, so it is necessary to come prepared. If you do not have some of the items don't buy them; you may substitute, improvise, or talk to your teacher. **Prepare for the weather! It can be warm, cold, windy, rainy, sunny, or snowy in the dunes.** Remember that everyone will carry their own luggage. Do not pack more than your student can carry! Please be sure your student comes dressed appropriately on the first day, as outdoor activities will begin immediately upon arrival.

- 1 Backpack for hiking (no drawstring backpacks, do not pack in this bag)
- 2 Reusable Water Bottles
- 1 Poncho/Raincoat and/or Jacket
- Winter Coat, Snowpants, and Snow Boots (if appropriate)
- 1 Hat (appropriate for season - sun hat/baseball hat or stocking cap)
- Warm Gloves, Scarf, Etc. for cooler temperatures
- 2 Sweaters or Sweatshirts
- 2-3 Shirts, at least one Long-Sleeved
- 2-3 Pairs Pants or Shorts, at least one pair of pants in all seasons
- Pajamas
- Underwear
- 4-5 Pairs of Warm Socks
- Sturdy Shoes for Hiking
- Extra Shoes (in case hiking shoes are wet or muddy)
- Towel and Washcloth
- Soap, Toothbrush, Toothpaste and other Toiletries
- Comb or Brush
- Sun Screen
- Lip Protectant (ChapStick, Blistex, etc.)
- Mosquito Spray
- Sleeping Bag or Rolled-Up Blankets and Pillow
- 2-3 Plastic Bags for Wet Shoes, Dirty Clothes
- Face Masks (optional, if desired)



## OPTIONAL

- Camera
- Binoculars
- Journal or Book to read before bed

**FOOD AND DRINK ARE NOT ALLOWED IN THE CABINS AT ANY TIME. PLEASE DO NOT BRING FOOD, GUM, CANDY, HAND-HELD ELECTRONICS, CELL PHONES, KNIVES, OR WEAPONS OF ANY KIND.**