Frost Valley Environmental Education Education Packing List

Students are limited to one suitcase or duffle bag. All items should be marked with student's name.

### Necessary Items
- 2 changes of underwear
- 2 changes of socks
- pajamas
- sneakers and/or waterproof boots
- raincoat or poncho
- hat or hood
- 1-2 pairs of long pants
- 1-2 pair shorts
- 1 lightweight jacket
- 1 heavy sweater
- 2 warm shirts
- 2 light shirts
- 1 bath towel
- tissues
- soap/shampoo
- comb or brush
- toothbrush and toothpaste
- sunblock
- water bottle
- sleeping bag or sheets/blanket
- pillow
- backpack
- flashlight
- Chap stick
- bug spray

### Optional Items
- slippers
- gloves
- sunglasses
- books/magazines

### Not Allowed Items
- electronic devices
- hair dryer
- candy, gum or food
- knives
- lighters/matches

**Because of the elevation, expect the temperature at Frost Valley to be about 15-20 degrees colder than it would be at home during the same season.**