



## Pioneers to Mountaineers Equipment list for the overnight

☆ **WE WILL BE CAMPING AT 8,000 FEET. THE TEMPERATURE COULD GET TO THE 40'S AT NIGHT** ☆

We will be outdoors the entire time. Pack items in a duffel bag. Label and organize your belongings in clear plastic bags or stuff sacks to keep items organized and dry, just in case! **PLEASE LABEL ALL ITEMS**

### **CLOTHING.....PACK IN A DUFFEL BAG**

- light weight hiking boots or sturdy sneakers
- extra pair of sneakers
- 2 pair socks, 2 wool pair if possible
- 2 pair of comfortable pants
- 2 pr of nylon shorts
- sweatpants or long underwear and warm shirt to sleep in
- underwear
- long-sleeve shirt
- 2 quick dry t-shirts
- warm sweater or sweatshirt, or fleece jacket
- warm HAT and GLOVES
- warm jacket
- hand towel and wash cloth
- personal items: small toothpaste/brush, small soap, comb, lotion
- sun protection a must:** hat, sunscreen, lip protection, sunglasses with strap
- insect repellent (stick recommended) Please no aerosols
- prescribed and over-the-counter medications in labeled waterproof zip-loc bag

**Parents: please keep medications in original container. Remember doctor's signatures.  
Store all medications in a re-sealable plastic bag.**

### **EQUIPMENT LABEL EVERYTHING, especially eating utensils**

Students will build and sleep in their own shelters. TARPS will be provided, too.

- light-weight sleeping bag with stuff sack
- personal ground cloth, 2x the size of your sleeping bag
- therma-rest or foam pad (for comfort and protection against cold ground)
- unbreakable mug with lid
- spoon and fork, \_\_\_plastic bowl and plate, \_\_\_mesh bag or plastic bag to store eating utensils
- quart water bottle
- small flashlight (make sure it has batteries!)
- extra duffel or trash bag for wet or dirty items

### **OPTIONAL**

- reading book, \_\_\_camera, \_\_\_binoculars

Please do **NOT** bring pocket knives, electronics or cell phones, expensive items

**QUESTIONS:** ( Call Deb, at 303-735-6628; [debra.kulcsar@colorado.edu](mailto:debra.kulcsar@colorado.edu) ☺)

### **Parents new to Science Discovery**

We are a licensed child care/trip camp provider through the Colorado Department of Human Resources. Our staff meet and exceed guidelines. We are trained to administer medications, are thoroughly background checked (criminal and motor vehicle), and receive rigorous and annual driving reviews administered by CU Transportation using Colorado Department of Transportation guidelines. Most of our staff are certified teachers and professional outdoor educators.