



**BIG CREEK EDUCATION CENTER DISCOVERY SCHOOL
PERSONAL GEAR AND SUGGESTED CLOTHING LIST**

Since all classes are outdoor oriented, you will want to be prepared for unpredictable weather, especially rain, cold winds and even snow, during any month. Clothing should be suitable for hiking in cold weather and **should include good rain gear - both tops and bottoms.** Wool and polypropylene work best to keep you warm in wet weather - *cotton gets wet, stays wet, and makes you cold!* Don't learn the hard way. It is generally 10 - 20 degrees colder than the Kalispell area. Laundry facilities are not available.

Check off each item as it is packed into your duffel bag, backpack, or suitcase.

Daypack or shoulder-bag, packed with the following items:

- _____ **Sack lunch for first day**
- _____ Warm knit hat
- _____ Water bottle (preferably one with a screw-top lid; **bike-style bottles leak**)
- _____ Raingear (We have extras if you need one!)
- _____ Journal or notebook and pencil

In another bag, backpack or suitcase, packed with the following:

- _____ Alarm clocks *non-electric* for **Teachers and Chaperones only**
- _____ Sturdy, waterproof hiking boots
- _____ An extra pair of shoes or sneakers for inside shoes
- _____ Wool socks (take into account how many days you are staying, weather, and etc.)
Please avoid cotton socks.
- _____ Thermal underwear or thick-tights, tops and bottoms - 2 pair
Remember cotton stays wet!
- _____ Warm sweaters - wool or fleece - 2-3
- _____ Long pants - 1-2 pair
- _____ Shirts - turtleneck and 2 other shirts
- _____ Warm jacket
- _____ Warm gloves
- _____ Sleeping bag and pillow
- _____ Toothbrush and toothpaste
- _____ Personal toiletry items - hand towel, bath towel, soap, and etc.
- _____ Approved medications and written directions. Teacher **will control all medications.**
- _____ Underwear - 3 changes
- _____ Flashlight – *The generator goes off at night which means no electricity!*

Optional:

- _____ Field guides _____ Binoculars _____ Camera _____ Mosquito repellent
- Please NO SPRAY CANS**
Pumps or lotions are best

Remember, do not bring any gum, walkmans or other electric toys, electrical appliances – no hair dryers or etc., or sharp knives!