

Packing List

Please pay attention to the weather and dress appropriately. During some of our days we can start out at 32 degrees and warm up to the 60s. Other times of the year it is around 15 degrees and warming to 32 degrees. Having layers is really useful. Also adjust the shoes for the weather and ground conditions. Later this fall we will share more about weather and illness cancellations as well as strategies for a successful Blue Heron day when it is cold!

What to Bring

- Two Masks** that your child is comfortable wearing and using. One to be wearing and one as a backup in case the first one gets wet or lost.
- Personal pocket-size bottle of hand sanitizer.** If you find one your child really likes, you can keep reusing it throughout the year, filling up from a larger bottle.
- A Bandana** as a backup third mask AND to use as a blindfold for activities. We don't use blindfolds every session, but they are handy for different activities.
- A Substantial Lunch** – Please be careful about bringing anything that will spoil, and be sure that there is a good amount of protein and/or fat. Our bodies need protein and fat to keep us warm, whether it is 50 degrees and rainy or 15 degrees and sunny! NOTE: We do often have a cooking fire at lunch time, but not always. **If you send food to cook, please have it be supplemental to a good lunch that doesn't require cooking.**
- A Substantial Snack** – Please no candy, heavy sugar items, or just chips. Most children eating a bunch of sugar, especially processed sugar, will be high energy and will then have a harder time with the physical distancing and self-regulation. Exploring the woods and being out all day in the cooler months uses a lot of energy and having food such as nuts, seeds, and cheese really helps.
- At least a Liter or Quart of water or juice, preferably 2** (no soda please) – On an average low exertion day, we use up 2 QTs of water that needs to be replaced. When we exert ourselves, such as when playing, climbing and hiking, we sweat and breathe out water a lot more. Water is key to our brain's functioning. When we get dehydrated, we start to mumble, bumble, and fumble— not to mention getting cranky and not wanting to participate. So please send water!
- On cold days, we recommend sending warm water (or tea or hot chocolate) in **insulated bottles.** Most of us have difficulty drinking cold water on a cold day. You can turn an uninsulated water bottle into an insulated water bottle by wrapping it in a sock, towel or t-shirt.
- Rain Jacket (or Poncho) & Rain Pants** – Rain jacket and rain pants can be critical on a really rainy day. They also make for a good outer shells during the winter, helping children and teens to stay warm and dry. Note: "Snow pants" are often water resistant rather than waterproof. When you are playing in snow all day, you can end up wet! Waterproof rain pants over the snow pants can be helpful.

- Backpack** to carry lunch, snack, water bottle, and other small items (important for this to be a comfortable pack for a child to carry around on hillsides, etc. We do move and that can be challenging if a child's stuff is in a carry bag).
- Medications** – If your child needs to take a medication during the day, please give it, along with written instructions, to a lead staff member when you drop off your child. *If your child is known to be allergic to bee/wasp stings and you have an EpiPen or equivalent, please be sure your child's instructor has access to it and written permission to use it in such an emergency.*
- Locking Blade Knife or Sheath Knife (Optional)** – Advise your child that they are not to take the knife out or use it without first asking and receiving permission from their lead instructor.

What to Wear

- Footwear** – Sturdy sneakers, hiking shoes, rain boots, or winter boots, as appropriate to the weather. Your child can keep an extra pair of shoes or boots on site as a backup.
- Clothing** – We do get dirty, so wear clothes that can get dirty. Students will also appreciate wearing earth-tone clothing that will help out in games involving hiding and camouflage.
- Tick Precautions** – Ticks do occur on most of our program sites. Light color clothing can help with spotting ticks. We recommend you use your family's precautions around tick prevention. Staff will periodically remind students to do tick checks, especially when we have moved through an area or done an activity more likely to bring us into tick habitat. Staff carry tweezers for tick removal.

Items to bring in a 2nd Bag (to store on site)

We recommend bringing a second bag, with some or all of the following items. We can store the bag in a storage shed (Camp Arden) or a staff member's car so that your child doesn't need to carry it around all day. If it is stored in a staff member's car or tarp covered area (i.e. at Greenwood location), this bag will need to go home at the end of the day.

- **Warm Clothing** for chilly or rainy days - fleece, wool shirts/sweaters, or other non-cotton clothing. (Wet cotton saps body heat rapidly and can lead to hypothermia.)
- **Extra set of clothes** to change into, just in case.
- **Rain/sun hat** A broad brimmed, breathable hat to keep out the sun, bugs and rain.
- **Shoes that can get wet** (old sneakers, water shoes or sandals in warm weather and waterproof snow boots in winter. Please, no flip-flops).
- **Rain Boots**
- **Sunscreen and/or Bug Spray (Optional)** if your child is especially sensitive. Generally these are not issues from September to May when Blue Heron Community School meets.