



Student Packing List

Please use this list when packing the items your child will need for their outdoor school experience.

1. Pack everything your child brings in **one** suitcase or duffle bag, plus one bedroll. Please, **do not** tie the items to one another.
2. Weather at Cuyamaca can vary greatly. Items listed below with an asterisk (*) are absolutely necessary.
3. Please do not purchase new clothing unless it is needed. Comfortable, old clothing is fine.
4. Bunk beds and mattresses are provided in heated cabins. A lightweight sleeping bag will suffice.
5. Stamps are not available at the site. Please pack stamped, pre-addressed postcards or envelopes.

Bring These Items

Label all items with your child's name.

Bedding & Linens

- * (1) Sleeping bag **OR** (2-4) blankets and sheets
- * (1) Pillow
- * (2) Bath towels - large
- (2) Washcloths for washing face

Toiletries

- * (1) Toothbrush & Toothpaste
- * (1) Bar Soap - in plastic container
- * (1) Comb or brush
- * (1) Tissue packet
- * (1) Chapstick
- * (1) Shampoo - unscented
- * (1) Sunscreen - unscented lotion only

Clothing

- * (1) Heavy jacket
- * (1) Heavy sweatshirt
- * (2 pair) Tennis or hiking shoes
- * (4 pair) Long pants
- * (4) T-shirts
- * (4) Long-sleeved shirts
- * (4) Underwear
- * (6-8 pair) Socks
- * (1) Pajamas
- (1) Bathrobe
- (1 pair) Shower sandals
- (1) Hat or cap
- (1) Belt

Equipment

- * (1) Water bottle with a strap (or hydration backpack)
- (1) Camera (disposable)
- (1-2) Laundry bag
- (1) Leisure reading book
- (1 pair) Earplugs for light sleepers
- Stamped, pre-addressed postcards

Winter Items (November-April)

- * (1 pair) Rain boots **OR** (6) Plastic bags to go over socks and inside shoes
- * (1) Raincoat with hood, or rain poncho
- * (2 pair) Gloves or mittens
- * (1) Beanie
- (1) Scarf

Fragrance-Free Campus

Out of concern for persons with asthma, allergies, and other respiratory problems, perfumes, colognes, essential oils, other scented products, and all aerosol spray products are prohibited.

Warm Weather Months

- * (4) Short-sleeved shirts
- * (1) Light jacket or hoodie sweatshirt
- (2) Shorts (worn on campus only)

Do Not Bring the Following Items

Items on this list will be confiscated and given to a staff member from your school.

- Cell phone (there's no cell service)
- Candy, gum, snacks, food of any kind, and beverages
- Flashlights
- Knives, hatchets, other weapons
- Matches, lighters, or fire starters
- Hair dryers or curling irons
- Makeup, makeup tools, and razors
- Perfumes and scented lotion
- Money
- Personal electronic devices, such as games
- Markers (such as Sharpies)
- Jewelry and smart watches
- Expensive cameras
- Aerosol sprays
- "Flushable" wipes (they clog our septic system)

Nut-Free Campus

All products containing nuts (of any kind) or sesame seeds are strictly prohibited from all areas of the campus, including staff and adult housing areas.

All medications must be turned into school and not packed in luggage.

Cuyamaca Outdoor School is not responsible for lost, damaged, or stolen property. Please leave valuable items at home.