

CAPE HENLOPEN – OUTDOOR EDUCATION PACKING LIST GUIDELINES

NECESSITIES:

(must bring)

- _____ **Packed Lunch** and beverage for the first day-
carried on the bus
- _____ sleeping bag or sheets & blanket
- _____ pillow
- _____ closed toe water shoe (old sneakers or water shoes)
- _____ toiletries (toothbrush, toothpaste, hairbrush,
deodorant, soap, shampoo, etc.)
- _____ towel and washcloth
- _____ medication (tagged & bagged to nurse prior to trip)

CLOTHING OPTIONS:

- _____ comfortable shoes (2 pairs)
- _____ rain gear (activities rain or shine)
- _____ light jacket/windbreaker
- _____ sweatshirts
- _____ shirts (long & short sleeved)
- _____ pants/shorts
- _____ *don't forget underwear*
- _____ sleepwear
- _____ socks
- _____ flip flops/shower shoes
- _____ hat

OPTIONAL ITEMS:

- _____ phone and charger
- _____ lacrosse stick, baseball gloves/balls
- _____ dirty laundry bag
- _____ outfit for the dance
- _____ camera
- _____ sunglasses
- _____ contact lens case/cleaner
- _____ book/magazine
- _____ iPod- **no e-readers or iPads**
- _____ flashlight
- _____ sunscreen
- _____ insect repellent

This packing list will be discussed with students on Henlopen Friday and questions can be asked at that time.