

Camp Lakewood Packing List and Phone Number

September 23 – 25, 2013

Leaving Monday, Sept. 23 at 8:30 am (Please be arrive at school at the normal time for expedition check in.)

Returning Wednesday, Sept. 25 at 2:15 pm

Please pack lightly and bring clothes that can be worn more than one day. There is limited space on the bus for bags. Every piece of luggage needs to be labeled with students full name and clearly marked.

You will need to eat breakfast at home or arrive early and eat at school. All other meals are covered.

What to Bring:

Groups will be outside most of the time and must bring rugged clothes that can get dirty. Activities usually continue as planned regardless of the weather.

- 1 sleeping bag
- 1 pillow/pillow case
- 1 towels and 1 washcloth
- Soap, shampoo, comb, brush, toothbrush, toothpaste, deodorant etc.
- 2 pairs of jeans or long pants
- 3-4 t-shirts and at least one sweatshirt
- 2 pairs of shorts
- Jacket
- 1 long sleeve shirt
- 4 pairs of socks
- Pajamas
- Underwear for each day
- 1 pair of shoes or backed-sandals (**no flip-flops!**) we will wear as our "wet" shoes during water ecology.
- 1 pair of shoes that stay dry. Closed-toed shoes that fasten tightly - no "five-fingers", etc. *This is a requirement for the climbing tower*
- Refillable water bottle
- Small, sturdy backpack for day pack
- Raincoat or water resistant/proof jacket
- Flip flops or shower shoes
- Flashlight
- Alarm Clock
- Watch
- Baseball cap/sunglasses
- 1 labeled gallon-sized Zip-Loc bags (for wet clothes)

OPTIONAL ITEMS:

- Personal entertainment (books or magazine)
- Extra money (IF you are bringing any. There is a gift shop at Camp Lakewood. There are NO vending machines.
- Camera/Film- **Please keep in mind that you will not be able to use your phone as your camera.**
- Prescription medication (to be given to nurse the morning we leave - must be labeled)
- Fan for room (personal size only)

WHAT NOT TO BRING:

- "Good clothes"
- Snacks, food, gum, or candy (this attracts insects and other animals to the cabins)
- Soda, energy drinks, etc – These will be confiscated and NOT returned.
- Hair dryers, curling irons, or other electrical equipment.
- Slick-soled shoes.
- Weapons of any kind.
- Cigarettes, illegal drugs, or alcoholic beverages.
- Expensive personal belongings.

Upon arrival we will be collecting all electronics, including cell phones. We will return them when we arrive back at school.

Camp Lakewood/Trout Lodge Emergency Contacts: Campus Cell: 573-438-2154 Mrs. Sainz's cell 314-496-8381

Remember you can follow us on Twitter via text messaging without joining twitter. Just text to phone number "40404" and in the message area type "follow mrhmiddleschool"