

Packing for overnight trips -

- REALMS students will pack their gear for overnight trips in a day-pack (school backpack) and one large duffle bag or backpack marked clearly with their name for every multiple day (over-night) fieldwork trip. **Label all sleeping bags, pads, rain gear, jackets, and stuff sacks with student's name.**
- Secure the sleeping bag & sleeping pad to the large duffle bag if the bag will not fit inside.

Day Pack will include...

_____	2 Quarts of water
_____	Fieldwork journal (REALMS will provide)
_____	Pencils and hand sharpener
_____	Lunch (sack lunch for day 1)
_____	Sun hat and warm synthetic hat
_____	Extra layer
_____	Camera (optional)
_____	Flashlight or Headlight w/batteries

Large Duffle Bag or Backpack will include...

Everything on “multiple day packing list”, unless it says, “optional”

NO Technology trips

In addition to fieldwork providing a rich curricular component for students, trips provide students the opportunity to connect in different ways. For that reason, we ask that students do not bring any technology on trips EVEN on the bus.

The following items are not allowed...

Cell phones, game players, iPads, portable DVD players, iPods, and other music listening devices.

A word about outdoor clothing & gear (sleeping bags, pads, etc.) -

REALMS students will spend 7-10 days on overnight fieldwork trips in a school year. 8th graders will spend 15-20 days on overnight trips with the addition of “Travel Study” in the 8th grade year. Although not all of the trips are “outdoor trips”, all of REALMS fieldwork trips have an outdoor component where students spend the majority of the day outside, conducting “fieldwork, regardless of the weather. Students are expected to be prepared for summer rain showers, early fall snowstorms, and scorching hot days. Having the right clothing and gear on outdoor experiences can “make” or “break” the experience. With this said, **we know that outdoor clothing and gear is expensive.** You do not need to buy brand new clothing, sleeping bags or other gear. Since Bend is an outdoor mecca, you can almost always find the clothes/gear you need by spending time at used outdoor gear stores or on Craig’s list, especially if you start early by identifying the gear you need.

You want clothing that is warm, breathable, and quick-drying. Synthetic fabrics are best because they won’t absorb water, dry quickly, and are relatively windproof. Many people already have synthetic clothing at home, so you may not need to go out and purchase clothing just for REALMS’ trips. Items like running gear, athletic warm-ups, and skiing/snowboarding gear can easily be used on fieldwork trips—so check out your closet, read the labels or borrow from a friend *before* going to the store. You should **avoid** bringing *all-cotton* clothing since it absorbs water easily and won’t keep you warm if it gets wet. Cotton also retains water so that it takes a *very* long time to dry. ***Do NOT bring all-cotton clothes such as sweatshirts, sweatpants, or jeans.***

Repeat Performance Sports

(541) 617-0022

345 SW Century Dr

Gear Peddler

(541) 617-5254

184 Northeast Greenwood Avenue

Multiple Day Packing List (over-night trips)

REALMS has clothing & gear to loan. – Fill out the “Gear Request Form” and turn it in to the REALMS office 1 week before the trip’s departure. **Questions & Forms can be directed to Amy Anderson (aanderson@realmschool.org)**
Turn in the “Gear Request Form” for the Confluence Trip by Wed., August 31st.

Sleeping

_____ **1 sleeping bag & stuff sack** - A synthetic fill bag will do (fills like Polarguard Delta, CloudLoft, PrimaLoft, Thermic CF) that has a temperature rating between 25 to 45° F bag should be fine. The bag should have a nylon shell both inside and outside. ***Do not bring bags with cotton shell, fill, or lining***—if they get wet, you’ll never get them dry.

_____ **1 foam sleeping pad** (3/8 in. foam) - or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress). Sleeping pads provide padding and insulation from the ground for more comfortable sleeping, and they help keep your sleeping bag dry. – **ONLY 8TH GRADERS NEED FOR THIS TRIP -**

_____ small pillow (optional)

_____ sheet (optional) to put on mattresses inside cabins

Clothes

_____ 1 pair closed-toed shoes (hiking boots, sneakers, tennis shoes, etc.)

_____ 1 pair water sandals that have straps and stay on your feet (NO FLIP-FLOPS)

_____ socks (1 pair/day)

_____ underwear as needed

_____ 1-2 pairs shorts, loose-fitting

_____ 1 pair long pants, loose-fitting: cotton/synthetic blend, fleece, nylon, or some other synthetic material. athletic warm-ups are great. ***No blue jeans or cotton sweatpants***—they take too long to dry!

_____ 1 pair waterproof rain pants, coated nylon

_____ 1 bathing suit

_____ t-shirts: 1-2 synthetic OR 2-3 synthetic/cotton (50/50 blend)

_____ 1 long-sleeve shirt: cotton/synthetic blend, polypropylene, athletic warm-up, skiing gear

_____ 1 warm jacket (fleece is great) The mountains get chilly at night!

_____ 1 rain jacket or poncho: coated nylon or waterproof/breathable fabric like Gore-tex. Make sure it’s still waterproof—the waterproof coating on nylon rain jackets degrades over time!

_____ 1 brimmed cap (wide-brimmed, baseball, etc) for sun and rain protection

_____ 1 wool or synthetic fleece hat for warmth at night

_____ Pajamas (optional) – *students can sleep in clean clothes*

Other Essentials

_____ 2 one-quart water bottles, such as Nalgene. ***You must have these water bottles!***

_____ 1 small flashlight or headlamp with batteries

_____ 1 toilet kit: Just the essentials: toothbrush and small tube of toothpaste, comb/brush, sunscreen, lip balm. ***Do not bring “smellables” like shampoo, soap, shaving cream, deodorant, etc.*** Things that “smell good” to us are an attraction for insects and animals.

_____ 1 pair sunglasses

_____ camera (optional)

_____ personal book

_____ 1 towel

_____ sunscreen (with at least a SPF of 30) and lip balm with SPF

_____ fieldwork Journal (REALMS will provide)