

8th Grade Packing List for Winter Shakedown Trip

All items on the list are required. If you do not have any of the items, and can't borrow them from friends, then please indicate your need on the gear borrow form and return it to REALMS ASAP. We have a great supply of fleece gear that we can loan out. We may also be able to help with jackets or boots. WE ASK THAT ALL GEAR IS PACKED CAREFULLY INTO ONE BAG, AND THAT IT IS WELL LABELED WITH THE STUDENT'S NAME. IF TWO BAGS ARE NECESSARY, THEY SHOULD BOTH BE WELL LABELLED!

**STUDENTS NEED TO BRING THEIR SHAKEDOWN GEAR TO SCHOOL ON
TUESDAY JANUARY 19TH FOR A GEAR CHECK**

PLEASE NOTE: Items indicated by *bold and italics* are items that will also be needed for *Travel Study*

REQUIRED ITEMS

Outer Wear: water resistant fabrics, and definitely NOT cotton

- Snow pants or *rain pants*
- Warm ski jacket or *shell*
- 1 pair of warm, high top winter snow boots that fit well
- 1-2 Warm *gloves* or mittens (two is definitely preferable)
- 1 warm *ski hat* (hoods DO NOT count)

Insulation Layers: NOT cotton. Fleece, wool, polyester or polypropylene!

- *4 pairs of synthetic thermal/backpacking socks*
- *1-2 pairs of long underwear, tops and bottoms – not cotton*
- *1-2 Fleece sweater or jacket*
- *1-2 Fleece pants*
- *1-2 long sleeve shirt*

Inside Wear (for when we're inside):

- *1 pair of pants*
- *2 t-shirts*
- *boots, shoes or slippers* (to wear while boots are drying)
- *PJ's*
- *Underwear*

Other Required Gear:

- *Water bottle (at least 1 quart)*
- *Daypack* (for bus and activities each day)
- *Warm sleeping bag*
- *Sleeping pad (can borrow from REALMS)*
- Flashlight or *headlamp*
- *Sunglasses* and/or goggles
- Fieldwork journal with pencil & pen
- SSR book
- Toothbrush & toiletries (no showers available for this 1-night trip)

Please DO NOT Bring:

- Any snacks or candy
- No video games or cell phones
- Music players (MP3 etc) are **discouraged**, but you may bring music if you feel you need it to help you sleep. They will ONLY be allowed for 30 minutes at bedtime.

This is an outdoor trip!

8th Grade Packing List for Lava Butte Hike

This is an outdoor trip. We will be outside for the entire day, regardless of weather. At various times, we will be exercising, collecting data, standing around, and sitting on sit pads. LAYERS of synthetic clothing is the best way for students to stay warm and dry in these types of conditions.

All items on the list are required. If you do not have any of the items, and can't borrow them from friends, then please indicate your need on the gear borrow form and return it to REALMS ASAP. We have a great supply of fleece gear that we can loan out. We may also be able to help with jackets or boots.

**STUDENTS NEED TO BRING THEIR GEAR TO SCHOOL ON
MONDAY JANUARY 18TH FOR A GEAR CHECK**

PLEASE NOTE: Every item on this list is also on the Winter Shakedown Gear List (although there are also additional items on that list. Items indicated by ***bold and italics*** are items that will also be needed for *Travel Study*

REQUIRED ITEMS:

Outer Wear: water resistant fabrics, and definitely NOT cotton

- Snow pants or *rain pants*
- Warm winter jacket or *shell*
- 1 pair of warm, high top winter snow boots that fit well
- Warm *gloves* or mittens
- 1 warm *ski hat* (hoods DO NOT count)

Insulation Layers: NOT cotton. Fleece, wool, polyester or polypropylene!

- *1-2 synthetic thermal/backpacking socks*
- *long underwear, tops and bottoms – not cotton*
- *Fleece sweater or jacket*
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Other Required Gear:

- *Water bottle (at least 1 quart)*
- *Daypack* (for carrying all personal and group)
- Fieldwork journal with pencil & pen

Optional Gear (a good idea)

- Flashlight or *headlamp*
- *Sunglasses* and/or goggles
- *warm pants (not cotton)*

Please DO NOT Bring:

- Any snacks or candy
- No video games or cell phones
- Music players

Permission/Acknowledgment

Student's name: _____

- We are aware of both of the fieldwork days – Jan 13th, until 4pm and the 20th overnight trip.
- I know that I need to arrange transportation for my student at 4pm on Jan 13th.
- We have carefully read the gear lists and we will either be prepared with each piece of gear or have requested to borrow it from REALMS (on the form below).
- I know that my child needs to bring their packed bags for the Shakedown hike on Tuesday, Jan 19th (the day before the trip) for a gear check.
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Parent Signature: _____

REALMS Gear Borrow Form

For either Lava Butte Hike (Jan 13th, 2010) or Winter Shakedown (Jan 20-21, 2010)

Student Name: _____

We would like to arrange to borrow the following gear:

Piece of Gear	Size (if necessary)	Trip		
		Lava Butte	Shakedown	Both
		Lava Butte	Shakedown	Both
		Lava Butte	Shakedown	Both
		Lava Butte	Shakedown	Both