



Classroom of the Earth - Eighth Grade Trip

The weather in the Rocky Mountain National Park can change quickly with little notice and may be different in different areas of the Park. The average temperatures in September are between 55-75 degrees during the day and 30-40 degrees during the night at Park Headquarters. Progressively colder temperatures will exist at higher elevations. Rain can appear without warning! This list has been developed to accommodate any weather conditions we may encounter in Colorado so students are safe and prepared for the unknowable. Please remember to bring no more and no less than is required.

Hiking Backpack Checks will be scheduled this summer. Look for an email in early August with details. Tentatively plan to complete Hiking Backpack Checks after Making Connections on Wednesday, August 14 or after school on Thursday, August 15. OE Trip forms will also be due at the Hiking Backpack Check.

Hiking Backpack Essentials:

Footwear:

- 3 pair wool or synthetic hiking socks that come well above the boot top (**NO cotton**)
- Sturdy hiking boots (preferably **waterproof**). Begin wearing your boots one month prior to the trip. Students **must** wear these to school every day before the trip.
- **Crocs, strap** on sandals (closed toe) or other lightweight shoes (for wearing around camp at night). **NO** flip flops or slides. Crocs are strongly encouraged (lightweight and waterproof).

Clothing & Insulation:

- 1 wicking t-shirt (**NO cotton**)
- 1 pair lightweight shorts (**NO jean shorts or cotton**); basketball or running shorts are preferred
- 2 pair underwear (**NO cotton**)
- 1 set of long underwear (**NO cotton**); mid to heavy weight top and bottom
- 1 wicking long sleeve shirt or turtleneck (**NO cotton**) ... Think Dri-Fit or Under Armor
- 1 polar fleece jacket (mid-weight; 100% polyester; **NOT a sweatshirt**)
- 1 pair fleece pants ((mid-weight; 100% polyester; **NO sweatpants**)
- 1 pair gloves or mittens (**wool or fleece**)...Think Ski
- baseball cap or sun-shielding hat
- warm hat (**wool or fleece**); must cover your ears...Think ski hat or beanie
- **waterproof** rain jacket (**NO Frogg Toggs**)
- **waterproof** rain pants (**NO Frogg Toggs**)

Nutrition & Hydration:

- 1 insulated plastic mug with a handle (10-16 oz.)...Think inexpensive and lightweight
- 1 medium size Tupperware lid or a small plate (the flatter the better); Frisbees also work well
- 1 spoon or spork
- 2- 32 oz. Nalgene water bottles (Preferably **wide mouth; NO straws, metal bottles, HydroFlasks or CamelBaks**)
- Flavor packets (optional), packed in one pint sized zip-lock bag; must be labeled with your name.
*NOTE: Flavor packets will be turned in separately due to wildlife concerns.

Toiletries: (Must be travel sized...Think SMALL)

- Toothbrush and toothpaste
- Comb or brush (optional)
- Sunscreen SPF 15 or higher (**NO aerosols**)
- Lip balm with sunscreen

Additional Necessities:

- 4 medium-sized carabiners for attaching things to the outside of the backpack
- 2 bandanas
- **Small** headlamp (preferred) or flashlight
- Extra set of fresh batteries for headlamp
- 2-3 gallon size zip-lock bags (These are for disposing of your trash)

St. Clement's will supply all the outdoor gear our students need for their backcountry experience. (i.e. tents, hiking backpacks, sleeping bags, sleeping pads, stoves, et al.) Sleeping bags will be issued at the Hiking Backpack Check for laundering. Bring your clean sleeping bag to the bus load on Thursday, August 23 with your duffle, daypack, blanket and pillow.

You may choose to use your own sleeping bag and/or hiking backpack. These items must be approved by Mrs. Graham prior to the trip. Sleeping bags need to be rated at least 20 to zero degrees for warmth and must fit into a compression sack. Sleeping bags that roll are not acceptable.

Hint: It's handy to pack 1 set of socks and underwear in a quart sized Ziploc so you have a dry set when we encounter rain.

Duffel Bag

***The contents of the duffel are separate from those of the hiking backpack and will be used during the first five days at Cheley.*

Duffels must be soft-sided, right-sized and cannot have wheels. Wildcat Outdoor Education duffels may be ordered if you would like to do so. Remember, “civie” day rules will apply to our entire trip. Duffels will be stored during our time in the backcountry. Duffels will be packed under the bus during the ride to Colorado and will not be accessible, so do not pack any medications or things you need for the bus ride in your duffel. Bring duffels to the bus load the day we leave.

- 1 sweatshirt
- 1 pair sweatpants
- 2-3 pair shorts
- 2-4 t-shirts
- 3-4 pair socks
- 2-3 pair hiking socks
- Underwear
- Pajamas (be conservative in your choice)
- 1 pair long pants (may be jeans—leggings are **not** pants!)
- Sturdy athletic shoes
- Shower shoes (flip-flops)
- Toiletries (Shampoo, deodorant, soap, toothpaste, toothbrush, comb or brush)
- **At least one towel**
- One set of comfortable, clean clothes for the ride home (Hint: Pack these in a large Ziploc.)
- Swimming suit (one piece for girls)

Daypack:

Your daypack will be on the bus with you, so be sure it has everything you need!

- Must have two sturdy straps; **NO** Zucas, rolling bags or drawstring bags
- **Two** Nalgene water bottles, filled. These must be consumed by the time we reach Colorado. Dehydration can be a real enemy at elevated altitude.
DRINK MORE WATER.

- Something to do while on the bus. Books, small games, word search, Mad Libs and/or crossword puzzles are suggested. **NO** electronics, including tablets, iPads, Kindles, et al. **NO** cell phones.
- Snacks, packed in **one 1 gallon sized zip-lock bag**; must be labeled with your name
- Pillow and blanket
- Lightweight jacket or sweatshirt (the bus can get cold at times)
- Camera (disposables are great; may not be attached to a phone)
- Glasses or contacts, if needed. (Bring an extra pair and contact lens cleaner)
- Sunglasses

Medications:

If you will need to take any medications while we are on our Outdoor Education Trip:

- Medications must be in the original container, labeled with the student's name and specific dosage instructions.
- Please do not label "as needed;" be specific about when your child should receive medication.
- Place all medications in a zip-lock bag and label with the student's name.
- Give medications to Mrs. Graham prior to leaving on the trip.
- If you use an inhaler, please bring an extra.

What NOT to bring:

Remember this is the classroom of the Earth and we are there to enjoy nature and God's beauty. Please, **NO** electronics of any kind, including cell phones, Apple watches, iPads, Kindles, Nooks, et. al.

I will have e-mail access during the trip as well as my cell phone. You may contact Cheley Camp directly at (970)586-3020 for emergencies only. I will check my e-mails periodically and post photos most every day. We will also be in contact with Mrs. Pelking on a daily basis. The safety and welfare of our students is our primary concern, so I may not answer phone calls or emails immediately. We're looking forward to a fabulous trip! Please email me if you have questions, concerns or are having difficulty locating any item on the list.

God Bless,

Heather Graham

hgraham@stclements.org

(915)241-9175