



# Exploring New Horizons Outdoor Schools

"Inspiring, empowering and transforming children's lives through outdoor education."

www.exploringnewhorizons.org

Loma Mar: 650.879.0608 · Sempervirens: 831.338.3077

## COUNSELOR INFORMATION AND PACKING LIST

This is a packing list almost exactly like the one that the students receive. It is very important that you follow the list closely. You are the one who will be responsible for the students when the weather turns wet or cold. It will be difficult for you to maintain a positive outlook if you yourself are cold, wet and somewhat unhappy. If you do not have all of the needed equipment, please try to borrow it from friends, neighbors, etc.

Counselors who are well prepared for all types of weather will be the most comfortable, the most effective, and best able to enjoy their experience at the outdoor school. Clothing that is comfortable, warm and functional is important. Please limit your luggage to one sleeping bag, pillow, and either a suitcase or duffel bag. Most importantly, be sure to LABEL EVERYTHING.

### ESSENTIAL EQUIPMENT

sleeping bag & pillow  
WARM jacket  
WATERPROOF raingear  
2 WARM sweaters or sweatshirts  
Warm sleepwear  
2 long sleeved shirts  
  
4 t-shirts  
4 pairs long pants  
2 pairs shorts  
6 pairs underwear and socks  
warm hat  
baseball cap (for sun)  
Wrist watch (can't use cell phone for time)

bathing suit (for showers)  
1 pair sturdy hiking shoes  
1 pair old worn shoes  
1 small back pack

Re-usable water bottle  
flashlight (w/extra batteries)  
washcloth, towel, soap  
toothbrush & toothpaste  
shampoo & conditioner  
hairbrush/comb  
lip balm and sunscreen

### OPTIONAL EQUIPMENT

shower sandals  
camera  
gloves  
  
letter writing supplies  
reading material  
  
rubber boots (wet weather)  
blow dryer  
sunglasses  
Snack food  
Money for t-shirt/sweatshirt

### DO NOT PACK

gum  
knife  
matches  
make-up, cologne, perfume  
  
curling or straightening irons  
electronic games  
  
video camera  
clothes that show your midriff  
shirts that are low-cut or have spaghetti straps  
ANYTHING VALUABLE

Cell Phone Policy- Counselors may bring their cell phones, however they will be collected by the outdoor school staff and kept in the office during the week. Cell phones may only be used during the counselor's time off. Please understand that cell reception is limited, so most phones will not get service. If you choose to bring your phone, Exploring New Horizons and its staff will not be held responsible for lost, stolen, or damaged phones.

You will not need money unless you want to buy an Exploring New Horizons t-shirt (\$15) or sweatshirt (\$30).

### **BRING A BAG LUNCH FOR THE FIRST DAY.**

Please do not bring anything that would upset you if it got lost, broken, or dirty, or anything you would not want your students to get their hands on. They are very curious about most things, and particularly those things that belong to an older person.

COUNSELOR-TYPE THINGS THAT YOU COULD BRING: Favorite stories to read at bedtime (not scary), lots of junk food for time-off, a well-rested body full of energy, a desire for lots of hard work, and a positive caring attitude.

**THANK YOU IN ADVANCE FOR ALL YOUR HARD WORK, ENTHUSIASM AND ENERGY! WE LOOK FORWARD TO SEEING YOU AT THE OUTDOOR SCHOOL!!**