**Echo Hill Outdoor School**

**CHESAPEAKE HERITAGE INITIATIVE BOAT TRIP**

CLOTHING AND EQUIPMENT LIST

This list is designed for a 5 day experience. Due to limited storage space, this is a complete list. If your trip is less than 5 days, please make adjustments to the items. Please pack everything except your sleeping bag in a waterproof duffel bag. Your sleeping bag should be in a separate waterproof bag. (If you do not have a waterproof duffel, pack your equipment in a heavy-duty plastic trash bag and then put inside a duffel bag.)

\*\* 1 pair water shoes

2 pairs shoes (1 sneakers, 1 sandals)

3 pair long pants

3 pair shorts

2 long sleeved shirts

3 T-shirts

1 sweater or sweatshirt

1 warm jacket

3 - 5 sets underwear

4 pair socks

pajamas

bathing suit

rain suit (waterproof rain coat with hood and waterproof pants if possible)

1 sleeping bag

1 wool blanket

1 towel

1 hat with visor

sunglasses

biodegradable soap (Ivory)

toothpaste and toothbrush

sunscreen

chapstick

water bottle

pocket-size flashlight

an extra plastic trash bag liner

DO NOT BRING CELL PHONES. EHOS cell phone will be on the trip.

OPTIONAL: fishing gear, camera, books, musical instruments, note pad and pen, spare batteries, pillow (no larger than 12x12.)

PLEASE DO NOT BRING: food-candy-gum, knives, money, mirrors, glass, iPods, iPads, cell phones, or electronic games of any type!

\*\*NOTE: A pair of sneakers, sandals and a pair of water shoes may seem like overkill, but it is our strong recommendation:

1. Sneakers or tennis shoes are extremely comforting at the end of a long, wet day.
2. Sandals, Tevas, Clogs or Crocs are great around camp or on the boat during the day, but they Do Not substitute for water shoes while wading and swimming.
3. Water shoes are what we highly recommend for wading and swimming in the river. Water shoes will stay on your feet, allowing for free and protected wading and swimming in the sandy/muddy river bottom. Water shoes are available and inexpensive. Target, K-Mart, etc all carry speedo-type slip-on water shoes. Nextag and Amazon show a large variety of online selections.

Please do your best to have your child attend with our recommendation for footwear.