**SMS - SOUND TO SEA**

**Preparing for the Trip- PACKING LIST**

􀀹Students should bring one medium size suitcase or duffel bag. Please label all suitcase/duffel bags.

􀀹Please pack only the things on the list or that have been assigned. Other items must be cleared through the teacher.

􀀹Label all your child's belongings that are packed for the trip. A laundry marker can be used on clothes.

􀀹Students will not need money while participating in Trinity's Sound to Sea program.

􀀹Please pack a plastic bag for packing wet clothing on the return trip.

􀀹**Please check appropriateness of what your child has packed.** Remember that layers of clothing are warmer and can be removed if needed. Pack for all kinds of weather...warm, cold, or wet. Be sure your child has selected clothes that are designed to get dirty.

􀀹Students are responsible for making sure they have packed all their belongings for their return trip home. Although we have a designated "Lost and Found" area, Sound to Sea and Trinity Center cannot be held responsible for articles left behind.

􀀹**Bring insect repellent, sunblock during warmer months** (August-November and March-June)

􀀹**Students may bring a REUSABLE water bottle to the program to prevent dehydration.**

**The following items are recommended for the 3-day program:**

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| **Clothing** | **Linens:**   |
| \*4 pairs of pants or shorts **(Check the weather)** | \*Twin bed sheets and blanket or a sleeping bag |
| \*4 t-shirts or shirts | \*Towels and washcloth |
| \*2 sweat shirts (hoodies) or sweaters | \*Pillow case |
| \*1 jacket **(check weather)** | \*Pillow |
| \*4 sets of underclothes | **Wash Kit** |
| \*2 pairs of shoes (flat, closed-toed, closed-heel) | \*Toothbrush & Toothpaste |
| \*1 pair old shoes that can get wet) | \*Brush or comb |
| \*4 pairs of socks. **One pair MUST be knee height.** | \*Deodorant |
| \*A raincoat or poncho | \*Soap |
| \*Plastic bags for damp clothes | \*Shampoo |
| \*1 pair of pajamas | \*Lotion |
| \*Hats, Scarf, Mittens and/or gloves  | \*Chapstick |

**You May Bring:** hair dryer, flashlight, pen, pencil and notebook, good book for reading, camera, film and batteries. **Please note: Cell phone cameras are not allowed during activities. Teachers will collect and store phones in a secure location during while students are engaged in classes. They will be allowed to have them in venting when in the cabin to check in with parent.**

**Please Do NOT Bring: Cell phone, IPAD, Ipod, Nook, Game Boy (any electronics), expensive jewelry, knives, food, gum, curling irons/flat irons or hot curlers. Snacks will be provided!**