



## SUGGESTED CLOTHING AND EQUIPMENT LIST

All classes are conducted outdoors, and proper clothing is essential to the enjoyment of the experience. This is a basic list designed for a five-day experience during any season. The list may require modifications based on the time of year and on your child's length of stay. Please bring warmer clothing including a winter coat, boots, wool or thermal socks, long underwear, gloves, and a hat during the fall, winter and early spring. Also please check the temperature rating of your sleeping bag and bring an additional blanket for colder nights in the tents.

### **Very important items:**

- 1 rain suit (waterproof rain coat with hat or hood, and waterproof pants if possible)
- 1 winter coat (between mid-October and mid-May)
- 1 sweatshirt or jacket
- 1 wool sweater
- 1 pair of gloves or mittens
- 1 hat (sun or warmth)
- 1 pair of **WATERPROOF** boots
- 2 pairs of comfortable shoes (sneakers, hiking boots, tevas...)
- 1 pair of old sneakers
- 4 shirts
- 3 pairs of jeans or long pants
- 1 pair of shorts (even in colder months)
- 4 sets of underwear
- 6 pairs of socks (2 wool)
- 1 pair of pajamas
- 1 bathing suit
- 1 towel
- 1 sleeping bag or blanket roll
- flashlight
- toiletry articles
- insect repellent (cream or lotion preferred)
- plastic bag for wet clothes
- sunscreen
- water bottle (portable, great for warm weather)



### **Optional items:**

- |             |                   |        |                                    |
|-------------|-------------------|--------|------------------------------------|
| laundry bag | pillow            | books  | \$15.00 for an Echo Hill T-shirt   |
| journal     | fitted twin sheet | camera | \$10.00 for Echo Hill water bottle |

### **DO NOT bring the following: (this is a MUST, for safety reasons)**

- |                           |                     |
|---------------------------|---------------------|
| FOOD, CANDY, GUM          | LIGHTERS OR MATCHES |
| MIRRORS (may cause fires) | KNIVES              |
| IPODS, VIDEO GAMES        | CELL PHONES         |

Echo Hill Outdoor School, Inc.  
 13655 Bloomingneck Rd.  
 Worton, Md 21678  
 Telephone: 410-348-5880  
 www.ehos.org



Inspected: Kent County Health Department  
 Maryland State Fire Marshall  
 Maryland Department of Health  
 and Mental Hygiene