

8th Grade Retreat Equipment List

The Ex Ed department can lend out the noted items below. If you need to borrow anything on the list, please visit the Ex Ed offices (under stairwell just west of North Hall) on **the Tuesday before retreat.**

On Wednesday morning all of the students will participate in an off-campus service project. Please send your child dressed in clothes that can get dirty, closed-toed shoes, and with a pair of work/gardening gloves (if you have them). They should also carry 2 liters of water, sunscreen, and a baseball hat or brimmed hat in their daypack.

Items You Can Borrow from Ex Ed			
Packed	Item	#	Description
	Sleeping Bag	1	Warm enough for potentially cold nights (students are sleeping in a dorm)
	Rain Coat	1	Zippered rain coat (no ponchos).
	Rain Pants	1	Only certain MICs will need these. This will be noted when students get their MIC assignment.
	Warm Layers	2	Sweatshirts, fleece jacket, wool sweater, etc.
	Warm Hat	1	
	Baseball Hat	1	Baseball hat or brimmed hat.
	Mittens or Gloves	1	
	Hiking Boots	1	Comfortable, well-fitted, broken-in boots with ankle support. Only certain MICs will need these. This will be noted when students get their MIC assignment.
	Water Bottles	2	Camelback-style hydration bladders is ok too.
ITEMS YOU NEED TO BRING FROM HOME			
Packed	Item	#	Description
	Duffle bag or small suitcase	1	To carry your belongings to/from Hummingbird
	Backpack	1	School-sized backpack
	Running Shoes	1-2	
	Pants/Jeans	2	
	Shorts	2	
	T-shirts	3	
	Long sleeve shirt	1	
	Underwear	3	
	Socks	3	
	Pajamas	1	
	Towel	1	
	Pillow	1	
	Bathing Suit	1	
	Toiletries	1	Toothpaste, toothbrush, sunscreen, lip balm, travel-sized shampoo/conditioner/body wash (<i>no moisturizers, makeup, deodorants, etc. as these attract animals</i>)
	Flashlight	1	Small handheld flashlight or headlamp (best option) with new batteries
	Sunglasses	1	Inexpensive
	Bandana	1	Cotton is fine
	Pen or Pencil	1	
	Camera	1	(Optional). Cannot be a phone/ipod (see below)
	Deck of Cards	1	(Optional)
	Reading book	1	(Optional) Lightweight paperback
	Sanitary Supplies		Girls- Please bring a minimum 24-hour supply of sanitary supplies and more if you expect your period. Also bring a couple small ziplocks or case to carry them all in.
	Prescription Meds		As needed. "Off-Campus Medication Administration Form" must be filled out and included in a ziplock bag with medications and given to leader, on trip departure day
	Over the Counter Meds: Tylenol, Ibuprofen, Benadryl, Pepto, and Advil are carried in leader's first aid kits and should NOT be brought by students (and can be requested as needed). Over-the-counter meds not included in this list should be treated as Prescription Meds (see above)		
DO NOT bring: Food, gum, or candy, Electronics (ipods, cell phones, games), money, or lighters/matches			

Please note that **cell phones are NOT allowed** on any Ex Ed trips (even as cameras). Our trips provide a very rare opportunity for students to disconnect electronically and can create exclusionary behavior, even in vehicles. Students who are caught with cell phones

will have them confiscated for the duration of the trip and will receive a detention from Division Heads upon return to school.

Please make sure to bring all of these items, packed securely, to school on the day of departure. Students will only be allowed to bring their day pack on the bus (larger bags will be stored underneath the bus).