



September Trips Clothing List

In addition to what the student wears while traveling, here is what should be brought. As we will be doing some rough activities on these trips, it's a waste to bring new clothes.

It is helpful to have the student's name on larger items of clothing.

For Grades 7 and 8, please make sure that the student's traveling document is up to date.

Outward Bound Trip – Grades 7 and 8 – *Students may bring an inexpensive camera that is not a phone or games/devices. Cell phones may be used on travel days and held by advisors.*

- A pair of sneakers for indoors
- Two pairs of old sneakers (one pair should be reserved for water activities)
- For the daylong hike, walking boots and expedition equipment are provided. You may, of course, wish to bring your own, but this is not necessary.
- Three towels (two bath and one hand towel)
- Underwear (appropriate supply)
- Several changes of socks (including thick ones for hiking boots)
- Two pairs of warm pants (other than jeans, which take too long to dry)
- A sweat suit or track suit, rain jacket
- Long sleeved Tee-shirts and warm sweaters
- Swimsuit
- Pajamas
- Toiletry items – no aerosols
- A large plastic bag or two for re-packing damp, dirty items
- A scarf, a hat, and gloves
- Soft travel bags or suitcase on wheels are recommended
- Sun cream, lip balm
- Hair band for tying back long hair
- A few band-aids for blisters, if needed
- Non-disposable plastic water bottle

Savoie Trip – Grade 6 – *No music players, electronic games/devices, or cell phones. If a child has one of these items, it will be taken for the duration of the trip.*

(All items should be packed into ONE suitcase or soft travel bag, preferably with wheels. Students will have to transport their bags quite a bit through the train stations!)

- Warm jacket
- Warm sweater or sweatshirt
- Waterproof rain jacket
- Sweatpants
- Two pairs of warm pants (**other than jeans, which take too long to dry**)
- Shorts (1 or 2 pairs)
- Tee-shirts (6)
- Socks (6 pairs) including thick sport socks
- Underwear (appropriate supply)
- Nightwear and slippers/flip-flops
- Swim suit
- Personal soap
- Towels (2)
- Wash cloth
- Toiletry items
- Sneakers (2/3 cheap/old pairs – they will get wet, so no need to bring good ones)
- Hiking boots or sturdy walking shoes from:
 - Decathlon or GoSport
- Sunglasses
- Elastic band for eyeglasses
- Sun hat or baseball cap
- Sun cream and lip balm (high protection)
- Wrist watch (inexpensive)
- Hair bands for tying back long hair
- Mittens or gloves and ski hat
- Two large plastic bags for re-packing damp, dirty items
- Lightweight sleeping bag (optional) with its “stuff sack” or duvet cover for single bed
- Flashlight
- Re-usable water bottle (hard plastic or aluminum)
- €30 spending money (opportunity to buy local products)
- A school size backpack for the train ride and the hiking trip

Note: Hiking boots or walking shoes must be broken in. To avoid blisters, students should not bring brand new shoes