



## REMS Fall Voyage Gear List- Grades 3-5

Weather in the Rocky Mountains can be unpredictable, so we recommend students bring multiple layers of clothing to comfortably adjust to the changing conditions. We suggest packing synthetic and non-cotton clothing. Below you will find a recommended packing list consisting of items required to stay safe and warm on voyages.

### How many bags should be packed?

- Overnight Bag** Your student needs to pack their own gear in a duffel bag.
- Day Pack** Needs to be large enough to carry extra layers, lunch, water bottle, and journal.

<p><b>OVERNIGHT BAG</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping bag</li> <li><input type="checkbox"/> D4/5, 4th &amp; 5th grades only. Sleeping pad (sleeping in tents)</li> <li><input type="checkbox"/> Clothing (see clothing list)</li> <li><input type="checkbox"/> Toiletries kit</li> <li><input type="checkbox"/> Headlamp or flashlight</li> <li><input type="checkbox"/> Pillow (optional)</li> <li><input type="checkbox"/> Book to read</li> </ul> <hr/> <p><b>DAY PACK</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Nalgene water bottle 2 for D4/5, 4th &amp; 5th (screw-on lid that holds 1 liter))</li> <li><input type="checkbox"/> Sunscreen (SPF 30+)</li> <li><input type="checkbox"/> Lip balm</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Pencil or pen/ Journal</li> <li><input type="checkbox"/> Lunch packed for Day 1</li> </ul> <hr/> <p style="text-align: center;"><b>DO NOT BRING</b></p> <p style="text-align: center;">Cell phones, pocket knives, medication in student's bag.</p> <p><b>(Medication needs to be delivered to our Health Assistant with a signed Provider Medical Authorization Form the Wednesday prior to voyage or will not be allowed on the voyage.)</b></p>	<p><b>CLOTHING</b></p> <p><b>Top</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2-3 T-shirts (non-cotton)</li> <li><input type="checkbox"/> 1 Long-sleeve shirt</li> <li><input type="checkbox"/> 1 Fleece top or jacket</li> <li><input type="checkbox"/> 1 extra layer for warmth</li> <li><input type="checkbox"/> 1 Medium weight jacket</li> <li><input type="checkbox"/> 1 Waterproof rain jacket/poncho</li> </ul> <p><b>Bottom</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 pairs of underwear</li> <li><input type="checkbox"/> 1pair synthetic long pants</li> <li><input type="checkbox"/> 1-2 pairs of synthetic shorts</li> <li><input type="checkbox"/> 1 Pair of rain pants</li> <li><input type="checkbox"/> 1 Swimsuit / Towel</li> </ul> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3-4 pairs of tall wool/synthetic socks</li> <li><input type="checkbox"/> 1 pair of hiking boots</li> </ul> <p><b>Head and Hands</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Warm hat</li> <li><input type="checkbox"/> 1 Baseball cap</li> <li><input type="checkbox"/> 1 Pair gloves</li> </ul> <hr/> <p><b>Equipment</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Headlamp</li> </ul>
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