



## Prepare & Pack

### Form Checklist:

Students and school staff are able to participate in Camp SEA Lab **only** if all of their forms are completed and signed. Please complete, **sign**, and return the following to your teacher. Be sure to document any health issues so that we can provide proper care in an emergency.

- |   |  |
|---|--|
| <input type="checkbox"/> Health Form      | <input type="checkbox"/> Kayak Liability Release Form                |
| <input type="checkbox"/> Liability Waiver | <input type="checkbox"/> Youth Health-Care Form (only if applicable) |

### Student Behavior Expectations:

Camp SEA Lab Outdoor School provides a unique opportunity for students to learn in the outdoors, however we like to stress that this experience is still to be considered **school**. We hold high expectations for participation and behavior by all students. Please take a moment to read the following guidelines prior to Outdoor School.

#### Program Guidelines

- ♦ Be respectful to everyone
- ♦ Work together
- ♦ Be on time
- ♦ Protect living things, leave them in their homes
- ♦ Don't throw rocks, sticks or sand
- ♦ Stay in camp boundaries & with your pod
- ♦ Walk, don't run
- ♦ Use the trashcans or recycle bins
- ♦ No graffiti or defacing camp property

#### Dorm Guidelines

- ♦ Respect chaperone's authority
- ♦ Respect everyone's space and property
- ♦ The only dorm you may go into is your own
- ♦ Wait for a chaperone before entering your dorm
- ♦ After lights out, stay inside and keep quiet
- ♦ Don't roughhouse, argue, or fight
- ♦ No put-downs, foul language or dirty jokes
- ♦ Keep your dorm & restrooms clean
- ♦ Quiet Hours: 9:30pm – 7am

### Packing List:

Coastal weather is highly unpredictable. We recommend bringing clothes that can be worn in layers. Activities will take place in sunshine or rain! We suggest labeling all items with your child's name.

- |   |  |
|---|--|
| <input type="checkbox"/> <b>bag lunch for the 1<sup>st</sup> day</b>                      | <input type="checkbox"/> pajamas   |
| <input type="checkbox"/> medications (Rx and OTC) Give to teachers before leaving school. | <input type="checkbox"/> 3 pairs pants and shorts  |
| <input type="checkbox"/> reusable water bottle, labeled with child's name                 | <input type="checkbox"/> 2 jackets or sweatshirts  |
| <input type="checkbox"/> backpack (like you use at school)                                | <input type="checkbox"/> rain jacket   |
| <input type="checkbox"/> sleeping bag & pillow  | <input type="checkbox"/> 4 shirts  |
| <input type="checkbox"/> pair athletic shoes (sneakers)                                   | <input type="checkbox"/> 4 pairs underwear and socks   |
| <input type="checkbox"/> pair closed-toe water shoes (or old sneakers that can get wet)   | <input type="checkbox"/> shower towel  |
| <input type="checkbox"/> (optional) pair sandals with heel straps                         | <input type="checkbox"/> plastic bag for dirty clothes   |
|   | <input type="checkbox"/> toiletry kit: sunscreen, comb/brush, shampoo, toothbrush & toothpaste, soap & deodorant |
|   | <input type="checkbox"/> (optional) hat, sunglasses, camera, book  |

### Please leave at home:

Food including candy and drinks, electronic items (e.g. iPods, tablets and cell phones), valuables (e.g. jewelry and money), knives, and other weapons.