

North Florida Packing List (October 2020)

**Our vehicle cargo space is limited, and our cabins are also small
PLEASE PACK LIGHT**

**Remember to have students pack themselves (with parental oversight, of course)
so they know what is in their luggage**

- One carry-on sized bag
 - One SMALL backpack for the journey and to use each day during the trip
 - Bedding: sleeping bag (**rolled up tight**) OR sheets and a fleece, and a pillow
 - Shorts (minimum 3” inseam for girls)
 - Long pants (in case it is buggy in the evenings)
 - Short-sleeved T-shirts—one for each day plus a couple of extra (no questionable messages or graphics and no spaghetti straps)
 - Socks. Please do NOT pack no-show socks for hiking (they make for nice blisters)
 - Underwear (bring extra)
 - Sturdy sneakers or boots appropriate for hiking long distances
 - Shoes to wear in canoe (water shoes, old sneakers, Crocs, etc.)
 - Modest pajamas
 - Sweatshirt/fleece
 - Bathing suit (girls: modest one-piece or modest tankini)
 - Flip-flops/slippers for cabins
 - Hat (recommended)
 - 2 old, thin towels and 1 washcloth
 - Toiletries: shampoo, soap, **deodorant**, toothbrush, toothpaste, etc.
 - Trash bag for dirty laundry
 - Bug repellent (with DEET works best)
 - **2 REUSABLE** 24 oz sturdy plastic or stainless steel water bottles
 - Sunscreen
 - Sunglasses
 - Lip balm
 - Flashlight (necessary for Cavern tour)
 - Bible
 - Camera (optional)
 - Money for a fast-food lunch on Monday and Friday
 - Any necessary medications, labeled with the student’s name (see note below)
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- No dressy clothes are necessary—all our activities will be outdoors and will often involve dirt.
 - Please label everything clothing and bedding etc.
 - Please check the weather before you pack, and pack accordingly. Go to www.weather.com, type in zip code 32428, or search for Chipley, FL to find the weather forecast for the area.

Medications

We will have First Aid Kits and will only administer acetaminophen, ibuprofen, Benadryl, Tums, or Dramamine to a student if the parent has given the school permission on the *North Florida Trip Medical Form*. If a student is bringing medication with them and the trip nurse is to administer the medication, they should give it to Sarah Cloke, the designated trip nurse, before we leave—please put medications in a labeled Ziploc bag. Students with inhalers and/or EpiPens should keep one with them at all times and give a second one to the trip nurse.