

Packing List

3 pieces of luggage per student. Please make sure that your name and school is easily visible on all pieces of luggage. Students must carry their own bags, so pack carefully!

LUGGAGE #1: SMALL SCHOOL TYPE BACKPACK TO CARRY ON BUS

This is what you'll have with you during the day, and it is the only luggage you'll have access to until after dinner on the first day of program. **It is COLD up here, so be ready right when you get off the bus.** You must wear long pants (No Tights) and sturdy shoes (snow boots in winter) on the day you arrive. Your daypack must have the below items in it when you get off the bus.

- | | |
|--|---|
| <input type="checkbox"/> Water Bottle with your name on it *** | <input type="checkbox"/> Jacket/Poncho: Wind/Waterproof *** |
| <input type="checkbox"/> Small Flashlight *** | <input type="checkbox"/> Warm Winter Coat *** |
| <input type="checkbox"/> Warm Gloves *** | <input type="checkbox"/> Long Sleeved Sweatshirt/Fleece *** |
| <input type="checkbox"/> Extra socks *** | <input type="checkbox"/> Winter Hat *** |
| *** ABSOLUTELY ESSENTIAL | <input type="checkbox"/> Hiking Shoes/Snow Boots *** |

LUGGAGE #2: BEDROLL – ACCESSIBLE AFTER DINNER

One pillow and one sleeping bag rolled up and placed in a garbage bag for weather protection. Label the bag with name and school. Sheets and warm blankets are acceptable as well.

LUGGAGE #3: SUITCASE/DUFFEL BAG – ACCESSIBLE AFTER DINNER

Inside your suitcase/duffel bag, we suggest placing your items inside a large ziplock or garbage bag in case it snows or rains.

Clothing: check off as you pack

- Lightweight Shoes ***
- Long Pants: 3 pair *** **NO SHORTS/TIGHTS!**
- Long Underwear: Top & Bottom ***
- Underwear
- Wool and Cotton Socks – 5 pairs
- Pajamas
- T-Shirts – no tank tops
- Long Sleeved Shirts

Personal Items:

- Camera/Film
- Chapstick and Sunscreen
- Shower Sandals
- Towel and Washcloth
- Soap and Shampoo
- Brush/Comb
- Toothbrush and Toothpaste
- Books/Magazines

It gets very cold at High Trails sometimes, so we encourage you to focus on several thin clothing layers instead of one thick layer. This method lets you put a layer on when you get cold and take one off when you get hot, avoiding the old scenario of "I'm too hot with my jacket on but I'm too cold with it off". Please make sure when you pack for High Trails that you can wear up to 5 layers on your upper body (long underwear, long sleeve shirt, sweatshirt, winter coat, waterproof jacket/poncho) and 2 layers on your lower body (long underwear, warm pants).

Please note that there is a huge difference between a coat or poncho that is waterproof and one that is just water resistant. If you send your child with a coat that is water resistant, the water will quickly soak through and they will get cold and wet!

DON'T BRING TO HIGH TRAILS LIST

If it is not permitted at your school, please don't bring it to High Trails! **We will confiscate all of these items immediately upon your arrival:**

-] NO food, drinks, candy, gum, or money (there is nothing to buy).
-] NO cell phones or electronic gear.
-] NO make up, perfume, hair spray, etc. These only attract bugs to you!
-] NO matches, lighters, pocket knives, or any weapons.

WRITE YOUR NAME ON EVERYTHING!

High Trails is not responsible for lost or stolen items

Discipline Form

When you arrive at High Trails you are expected to be on your best behavior. **You are responsible for your own actions; if you cannot abide by the rules, you will be sent home.**

TOP TEN HIGH TRAILS RULES

Other rules will be discussed upon arrival at High Trails.

1. You will be assigned a **buddy** and must know where your buddy is at all times.
2. Respect other people's property. *If it is not yours, do not touch it.*
3. Keep track of your own property, and know where it is at all times.
4. You may not go into a cabin other than your own without an Instructor's permission. Girls cannot visit boy cabins, and boys cannot visit girl cabins.
5. Emergency plans include leaving a full set of clothes, including shoes and a jacket next to your bed each night. You are responsible for your emergency clothes each evening.
6. You have broken the rules if you are involved in fighting, pretend fighting, teasing, put downs, gossip or hurting another person, **even if you didn't start it.**
7. Show respect for nature by not littering, not picking flowers or plants, not picking up sticks or rocks, and always walking on the trails. Do not run unless allowed to by an Instructor.
8. Wildlife is wild and should be left alone. Please tell your instructor if you see something, but do not touch it or chase it.
9. Use the bathroom during your breaks! When you are in class, you will be outside and bathrooms will not be available. You are responsible for taking care of yourself during the breaks between each class and meal.
10. You must be with an adult at all times. Do not wander off!

THREE STRIKES POLICY

Strike 1: The 1st strike will result in being counseled by an Instructor.

Strike 2: The 2nd strike will have you talking in the office with your Teachers and the High Trails Principal. Parents will be called, and you will be placed on a behavior contract.

Strike 3: The 3rd strike will result in you being sent home immediately.

**Any student who jeopardizes the safety of any other student or staff member will be immediately expelled from High Trails with no other warnings or chances.
PARENTS WILL BE CALLED TO COME PICK UP THEIR STUDENT!**

PARENT SIGNATURE

I understand the High Trails Discipline Policy. If my child should be expelled from High Trails I agree to immediately pick them up, day or night.

Parent/Guardian Signature: _____ Date: _____

STUDENT SIGNATURE

I understand all of the above rules plan to follow them.

Student Signature: _____ Date: _____

Student Name: _____ School: _____