

PACKING LIST

WHAT TO BRING

During your weekend at the Stepping Stones Program, you will be learning in the classroom AND in the field. **Please dress for the weather, but also bring long pants and close-toed shoes which will be required attire for some field activities.** Below are other items that are suggested you bring. If you have any questions about these items, or need assistance acquiring them, please reach out.

FIELD CLOTHING

- Raincoat
- Ankle-length pants, shorts, and t-shirts
- Socks and undergarments
- Jacket or sweatshirt **it can get chilly at night!*
- Closed-toed outdoor shoes / hiking boots (2 pairs, in case one pair gets wet)
- A pair of old sneaker/water shoes that can get dirty and wet - for wading in the stream (must be closed-toed)
- Hat, cap, or visor

OTHER ITEMS

- Pillow / Sleeping bag / extra blanket(s)
- Night-time sleeping clothes
- Flip-flops (and robe) for showers
- Toiletries and towels
- Insect repellent / Sunscreen
- Flashlight
- Small backpack to carry gear / class materials
- Water bottle (However, we do provide one!)
- Note: you do NOT need a fishing license

*****Make sure your personal items are appropriately marked with your name or initials - many items look alike! The Academy is not responsible for the loss of personal items.*****

MEDICATION	MASKS	SNACKS
Please keep all medication in original prescription containers . All medication will be given to the Health Care Coordinator at registration.	While masking will not be required, you may be asked to wear a mask during interactions with immunocompromised instructors or participants. Masks will be provided.	You will be well fed - including snacks! We discourage you bringing your own snacks, especially to protect students with specific allergies. Please reach out if you have questions!

WHAT NOT TO BRING

- Cell Phone Policy – Please leave your electronic devices at home. Due to the immersive nature of the experience, we ask that students do not bring their cell phones. A phone will always be made available to students upon request to call home at any time. Anyone bringing a cell phone will be asked to keep it turned off and in their cabin. Electronic devices needed to manage health concerns are permitted. *If you have a concern or questions, please reach out to Executive Director, Sara Mueller, at 570-245-8518.*
- Pocket knives.
- Money – students will not need any money during field school.