

## Bowman Bay Packing List

All students must pack and bring all of the **ESSENTIAL ITEMS** for the 5-day expedition. There are no laundry facilities at the park!! Please do not bring expensive items. Neither the Lake Washington School District, nor the Deception Pass State Park assumes any responsibility for lost items. Mark all items with a permanent pen.

### **ESSENTIAL ITEMS:**

- \_\_\_\_\_ 1 LARGE DUFFLE BAG (lined with plastic bag) clearly labeled with student name containing:
  - \_\_\_\_\_ 2 pair long jeans or pants
  - \_\_\_\_\_ Extra set work clothes for service project
  - \_\_\_\_\_ 1 pair of shorts
  - \_\_\_\_\_ 2 t-shirts
  - \_\_\_\_\_ Changes of underwear
  - \_\_\_\_\_ Warm coat
  - \_\_\_\_\_ 1 Warm sweater or fleece
  - \_\_\_\_\_ 3 pairs of regular socks
  - \_\_\_\_\_ 1 pair wool socks
  - \_\_\_\_\_ Long underwear
  - \_\_\_\_\_ 1 pair tennis shoes
  - \_\_\_\_\_ 1 pair sturdy shoes or boots (beach and trail)
  - \_\_\_\_\_ Personal toiletries
  - \_\_\_\_\_ Toothbrush and toothpaste
  - \_\_\_\_\_ Soap, washcloth, deodorant, etc.
  - \_\_\_\_\_ Towel
  - \_\_\_\_\_ Warm sleeping bag (in stuff sack labeled with name and lined with plastic bag)
  - \_\_\_\_\_ Foam sleeping pad (tightly rolled – air mattresses are not acceptable.)
  - \_\_\_\_\_ Plate or bowl
  - \_\_\_\_\_ Spoon

- \_\_\_\_\_ **Coast Guard approved Type II or Type III PFD (Life Jacket for boating rotation)**

- \_\_\_\_\_ **1 DAYPACK (to be lined with plastic bag and kept with the student at all times) containing:**

- \_\_\_\_\_ **SACK Lunch for First Day**
- \_\_\_\_\_ Tupperware or plastic container with sealable lid to hold daily lunches
- \_\_\_\_\_ Warm (wool or fleece) stocking cap
- \_\_\_\_\_ Warm (wool or fleece) gloves
- \_\_\_\_\_ Hat or cap for sun
- \_\_\_\_\_ Cup (suitable for hot cocoa/liquids)
- \_\_\_\_\_ Water bottle filled and marked w/ student's name
- \_\_\_\_\_ Expedition Journal and pens/pencils in a zip-loc bag
- \_\_\_\_\_ Wool Sweater or fleece Jacket
- \_\_\_\_\_ Rain jacket (must be WATERPROOF!)
- \_\_\_\_\_ Rain pants (must be WATERPROOF!)
- \_\_\_\_\_ Sunscreen (SPF 15 or higher)
- \_\_\_\_\_ Work gloves (rubber garden gloves will do)
- \_\_\_\_\_ Flashlight or headlamp w/ new batteries

### **Optional Items:**

- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Insect repellent (non-aerosol)
- \_\_\_\_\_ Small bottle of hand sanitizer
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ Reading book

### **Do NOT bring:**

- Radio, tape or CD players; ipods; cell phones; pagers, or any electronic devices or games (These will be confiscated)
- Pets
- Gum or candy
- Matches or fireworks
- Knives
- Expensive watches/jewelry
- Magazines
- Marking or Felt pens

**IMPORTANT NOTES:**

- Nylon pants and jackets are NOT adequate raingear. Raingear must be WATERPROOF  
Even items that were waterproof when new can lose their repellent quality! All raingear must be tested for waterproof quality before going on expedition - if fabric soaks when sprayed with water, consider treating with water repellent spray (available at REI or sports stores) to ensure that fabric is waterproof. This treatment usually requires 72 hours to cure - so don't delay, check today!!
- EAS Dress Code Guidelines apply on school excursions
- Parents: please check student gear prior to sending them to school. For the safety and well-being of individuals and the group it is extremely important that students bring the ESSENTIAL ITEMS listed above. Weather is unpredictable and we must prepare for rain, wind, and cold. All items should be clearly marked with student's name.