



ONSC Packing Checklist


One complete change of clothing for each day your child will be at ONSC, including:

- Sack lunch to eat along the trail on the first day
- Long pants or jeans (no shorts or capris)
- T-shirts
- Long socks (above the ankle)
- 2 pair of used, comfortable, close-toed shoes/boots (1 pair may get wet)
- Sleepwear
- Underwear
- Weather appropriate jacket (sweatshirts aren't enough during winter)
- Sleeping bag or twin sheets & blanket
- Pillow
- Toothbrush and toothpaste
- Towel, soap, shampoo, deodorant & other toiletries
- Plastic or cloth bag for dirty clothes
- (Optional) Money for the store. Your child will turn this in for safe-keeping upon arrival at ONSC.

Please pack the following for your child's use on the trail:

- Extra layer, such as a sweatshirt or jacket
- Reusable water bottle (32 oz. capacity is recommended; avoid large bottles)
- 2 or more pencils
- Raingear (jacket or poncho)
- Gloves or mittens during cold weather
- (Optional) disposable camera

A backpack will be provided for your child to use while hiking at ONSC



If Your Child Has:

Medications

If your child needs medications while at ONSC, indicate this on the Student Participant Form. Also:

1. Send medications in the original container
2. Provide detailed dosage instructions
3. Make sure your child's name is clearly visible
4. Give the medication to your child's teacher or school nurse **PRIOR** to ONSC

**Note, all medical information is kept confidential and locked up until needed. Your child's school district policy for student medications will apply at ONSC.*

and/or

Dietary Needs or Restrictions

ONSC can meet many dietary needs and restrictions. Please indicate all needs on the Student Participant Form. If you have any questions you can contact ONSC's Food Service Manager at least 1 week prior to your child's visit.

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