

# McConnell Science Museum EUREKA!

## Footwear

- Hiking Shoes (closed toed)
- Sandals or comfortable shoes to wear around camp

## Personal Care Items

- Sleeping bag & Sleeping pad
  - If you need to borrow a sleep bag and sleeping pad please let us know as soon as possible
- 2 large garbage bags, for packing wet clothes or dirty shoes
- Travel size toiletries
  - Toothbrush & toothpaste
  - Deodorant
  - Face/body wipes
  - Hand Sanitizer
  - Lotion
  - Lip balm
- Sunglasses
- Medications
  - Sunscreen SPF 30 minimum
  - Personal medications (OTC & prescribed)  
Leave in original packaging with dosage instructions
  - Make sure you have notified EUREKA! of all medications you plan to bring
- 2 inhalers (required if you have a prescription)
- Prescription glasses or contact lenses
  - Extra pair (optional)
- Travel towel
  - Quick-dry and body-sized

## Optional Items

- Journal
- Deck of cards, hacky sack or other small games
- Ear plugs for light sleepers

## Luggage

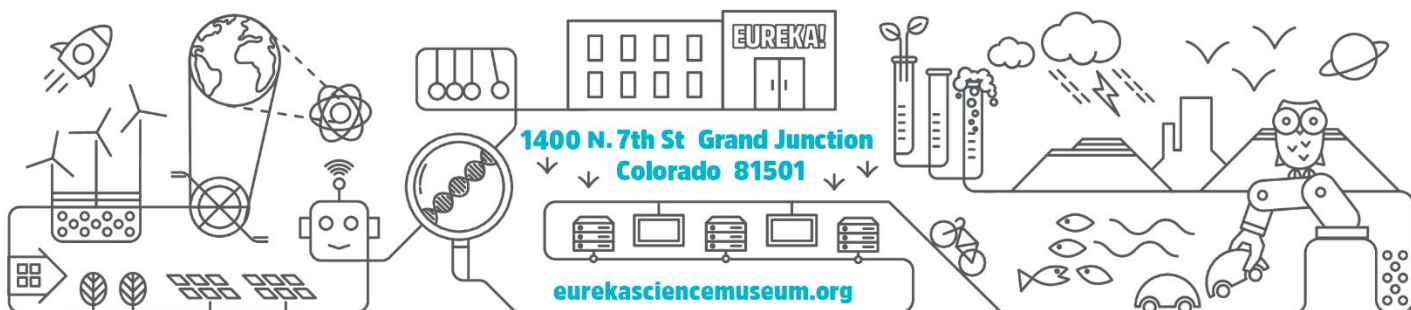
- Daypack for day hikes, travel, etc.
- Duffel bag, internal frame backpack, or soft luggage
  - All clothing and gear must fit into ONE bag
  - Make sure you are comfortable carrying your luggage several hundred yards
  - Avoid bags with wheels or a hard frame

## Clothing

- Pajamas
  - Nights will be hot so something comfy to sleep in
- 1 insulating layer for the upper body
  - No cotton base layers
- 1 insulating layers for the lower body
  - No cotton base layers
- 1 fleece pullover or sweater
- 1 Rain Jacket
- 3 t-shirts
- 1 pair shorts
- Swimsuit
- Rash guard or quick dry shirt
- Comfortable pants to wear in the evenings
- 5-6 pairs of socks
  - Some participants wear 1-2 pairs of socks per day
- Underwear
- Sunhat

## Daily Necessities

- 2 water bottles
  - We recommend 1 quart bottles
- 4 writing utensils
  - We recommend 2 pens & 2 pencils
- Headlamp
- Travel mug for hot chocolate, cider, or tea
- Tupperware
  - 1 sandwich-sized Tupperware container
  - 2 snack-sized Tupperware containers



# Course Policies

**Medications:** Our instructor team will assist students in remembering and administering medications. Please fill out the medical form in full with any prescribed or OTC medications your students will be bringing on the trip.

**Gear:** Please clearly label all gear your student will be bringing with them (backpack, climbing harness, lunch box, tent, etc.) We recommend a single color of duct tape to help differentiate from other students gear

**Challenge by choice:** All activities on the course will be challenge by choice, meaning students can select what is an appropriate level of challenge for them. All activities are optional. We want students to set goals, work towards them, and feel successful.

**Unplugged:** We ask students to leave cellphones at home for the duration of the course. It is not possible for us to charge student phones in the field, nor can we keep electronics safe from falling, sun or water damage. Unplugging from technology can be a real challenge, and we want to respect how hard it can be for students and parents to be out of connection for a field course, but it is also an increasingly rare opportunity for kids to be present in the activity they are doing, build relationships with their teammates, and connect to a place.

**ERS:** In the event you need to get into emergency contact with your student while they are in the field please contact our main office line at 970 254 1626.

Our field courses operate in remote locations across Colorado. As such, we are often out of cell reception. When out of cell reception, EUREKA! instructors carry a satellite communication device and check in with the main office daily. Many of our participants are experiencing the wilderness for the first time. Homesickness and technology withdrawal are two common stresses that can negatively impact your student's experience. Please take some time before your student's field course to chat with them about those challenges and prepare them to spend several days separated from the familiar. Please communicate any potential mental health concerns to staff before the first day of the trip.