



The Ecology School

184 Simpson Road ~ Saco, Maine 04072

(207) 283-9951

Packing List

Below is a *suggested* packing list, designed for a 5-day stay at The Ecology School. Please adjust accordingly if your program is for a different number of days. We recommend labeling items with student's name or initials. Remember, students will be outside most of the time and the weather can change quickly. Come prepared to stay dry and warm, maybe get a little dirty and have fun learning!

Overnight Necessities

- sleeping bag
- bottom sheet (for twin)
- pillow
- 1-2 towels
- 1 washcloth/hand towel
- toothbrush & toothpaste
- soap
- shampoo
- hairbrush/comb
- chapstick
- sun block
- laundry bag or trash bag for wet/dirty clothes

Basics

- water bottle
- underwear
- pajamas
- socks (extras are great to have!)

Clothing

- 4-5 pairs long pants (required for lessons)
- t-shirts
- long sleeve shirts
- sweatshirts/sweaters/fleece layer
- warm/windproof jacket
- rain proof layer

Having plenty of layers to mix and match is a great way to ensure students are comfortable while they are outside learning.

Footwear (at least two pairs recommended)

- sturdy shoes/boots for hiking/walking
- waterproof boots (if you have them) or shoes that can get wet

Suggested Items

- sunglasses
- hat with a brim
- a book/games for indoor/rainy/quiet times
- a clearly labeled camera
- slippers for dorm
- letter writing materials (paper, envelopes, stamps)
- small backpack for lessons
- flip flops for showers

Seasonal

- gloves
- warm hat
- thermal underwear/sweatpants
- mosquito repellent (no aerosol please)
- shorts for free time (long pants required on lessons)

Items not allowed at The Ecology School

- cell phones
- internet capable devices (ipods etc.)
- electronics (games, portable DVD players)
- alarm clock
- flashlights
- scented body sprays/colognes (such as Axe)
- food, candy, gum, soda etc.
- money/jewelry/expensive items
- knives/weapons

The Ecology School provides a safe living and learning environment. However, The Ecology School is not responsible for any property that is lost or stolen.