

Clothing and Equipment List

This list (also available in Spanish) is for all participants. While going through the list, keep in mind the number of days you will be at our campus. Check off each item once it's packed.

Required for Hiking Day

- Lunch from home on the first day only
- Day pack — large enough for lunch, jacket, rain gear, journal, and water bottle
- Water Bottle — unbreakable, leak-proof one quart (or more) plastic or metal bottle without a straw - drinking water bottles (e.g. Calistoga, Evian, etc.) are fine
- Rain gear — complete rain jacket and pants or poncho (coated nylon is best)
- Sunscreen — SPF 30 or higher - Sprays can only be used outdoors, by adults - lotions are best
- Lip balm with SPF
- Hats — 1 for sun protection, 1 for warmth
- Handkerchief — to be used as a lunch place mat
- Foot gear — sturdy, ankle supporting and preferably waterproof for hiking, well worn-in is better than brand new
- Jacket — stuffable nylon or thick fleece is a good choice
- Pen or pencil
- Personal medications, as needed (coordinate with teacher)

Required for Overnight (after 4p.m.)

- Foot gear — in addition to the hiking pair, bring a comfortable pair to wear on campus
- Warm sleeping bag or sheets and thick blankets, pillow
- Long pants — bring at least one extra pair
- Shirts — extra as needed, long sleeve are best to accommodate the changes in weather
- Warm layers
- Socks and underwear— one pair per day plus one extra (a few thick hiking socks if possible)
- Pajamas or equivalent (sweats, etc.)
- Toiletries — comb or brush, toothbrush, toothpaste, soap, shampoo, etc.
- Towel
- Sandals to wear in the shower
- Personal medications, as needed (coordinate with teacher)

Optional

- Twin-size fitted sheet — highly recommended to go over mattress
- Gloves or mittens — one pair
- Sunglasses
- Camera
- Alarm clock (adults only)
- Flashlight (adults only)

Do Not Bring

- Candy, sodas, or extra food of any kind — except for lunch on the first day
- Electrical or battery powered equipment — video games, iPods, book readers, etc.
- Sprays of any kind — bug spray, spray sunscreen, perfume or cologne



Student Behavior Contract

The Student Behavior Contract explains the rules and the consequences for breaking rules at NatureBridge. Each member of the group must agree to abide by the terms of this contract in order to attend a NatureBridge program.

Families and teachers should discuss the following behavior expectations with students before their program.

NatureBridge is a unique and exciting community of people with diverse backgrounds. While you are here, please join us in:

- Being open minded and accepting of people's differences and respecting everyone's ideas and attitudes.
- Respecting and caring for your surroundings and the Earth.
- Encouraging learning and creativity in a safe, honest, and healthy environment

Campus Rules:

- Respect all others, the environment, and yourself.
- You are responsible for keeping yourself and others safe.
- Always be with an adult.
- All school rules apply at NatureBridge.

Trail Rules:

- Respect all students, chaperones, and staff members. Do not use put-downs, name calling, or hurt other people's feelings.
- Be respectful of wildlife. Be quiet when wildlife is near and never chase animals.
- Stay on trails behind your leader and obey all signs.
- No eating plants.
- Do not throw rocks, sticks, or other objects.
- No tree climbing.
- At the beach, keep your shoes on, do not play wave tag or get wet, and stay away from the teeter-totters made out of logs.

Free Time and Dorm Rules:

- Respect all students, chaperones, and staff members. Do not use put-downs, name calling, or hurt other people's feelings.
- Respect other people's belongings, bunks, and cabin space by not touching other people's things.
- Use appropriate language.
- If you have a disagreement with someone, see an adult for help.
- Keep the dorm clean, especially your area.
- Do not jump from bed to bed, pillow fight, rough house, or play fight in the dorms.
- Always be with an adult from your school.

Consequences:

If a NatureBridge educator, chaperone or a classroom teacher determines that a student has broken a rule, the following steps will be taken:

- Warning: The student is given a yellow card. The student will have a short discussion with the adult giving the warning, the reason for the warning is written on the yellow card, and the warning is noted in the Campus Discipline Binder.
- Step 1: A behavior contract will be made by the student in the Campus Discipline Binder. The student, NatureBridge educator, and head teacher of the school will all sign the contract.
- Step 2: Another contract will be made by the student in the Campus Discipline Binder. The student's family will be called.
- Step 3: The student will be sent home from their program.

The following behaviors will result in a student being moved directly to step 1, 2 or 3:

- Fighting
- Verbal harassment of any kind
- Vandalism of property or the environment
- Behavior that puts the student or others in danger