



Upper School Fall Trip 2021 Valle Crucis

Upper School Packing List

Pack **prescription and over-the-counter medications** in a labeled, ziplock bag with clear instructions. All medicines will be collected before we depart and will be dispensed by chaperones.

General-

Flashlight or headlamp

Toothbrush/toothpaste, shampoo, conditioner, soap, deodorant, sun screen, bug repellent

Brush/Comb

Sleepwear

Rain jacket

(All linens, towels, and pillows are provided by Valle Crucis)

Clothes-

Wednesday

- Jeans or shorts of modest length, Mead Hall T-shirt (spirit day approved), shoes comfortable for walking.

Thursday

Caving:

- Shorts or jeans, T-shirt, and tennis shoes or boots for hiking in the cave. River and Earth Adventures recommends long pants, long/short sleeve t-shirt for caving.

White-water Rafting:

- Rafting clothes - bathing suit, shorts, top, (For rafting you must wear: water shoe, water sandals with an ankle strap and toe covering, or old pair of tennis shoes).

Bring along in bag/pack:

- After rafting clothes: dry underwear, shorts or jeans, T-shirt or modest top, shoes
- Towel
- Water Bottle
- Sunscreen and bug repellent
- Optional: Sunglasses with strap; hat

Friday

- US trip T-shirt, shorts of modest length or jeans, shoes comfortable for walking