



ARROWHEAD RANCH OUTDOOR SCIENCE SCHOOL PARENT INFORMATION



Please Address Student Mail to:

Student's name
Student's school
c/o Arrowhead Ranch
P. O. Box 87
Lake Arrowhead, CA 92352

Students are not allowed to make or receive phone calls while at Outdoor Science School. **Parents are not permitted to call the student or visit the camp** unless it is an emergency situation.

MEDICATIONS:

All prescriptions must be sent in the **original container** with the doctor's name, child's name and correct dosage. The **Medication Authorization Form** must be filled out completely AND correctly or prescribed and over the counter medications cannot be dispensed. In addition, please put all medications in a plastic zip lock bag, clearly labeled with your child's name and school.

Any **non-prescription drugs (OTC) require just the parent/guardian signature** on the Medication Authorization Form, unless the School requires differently. All medicines listed on the backside of the Medication Authorization Form are what Arrowhead Ranch carries in its inventory. A **Doctor signature is required for ALL prescribed medicines**, along with parent/guardian signature. It will be collected upon arrival at outdoor science school. The camp medic keep all medicine locked safely; keep a written record all accidents, illnesses and med dispensations; and dispense to students at the appropriate time.

ELEVATION:

Our bodies require more water while involved in activities at higher elevations (above 4,000 feet). We recommend students drink 4 to 6 bottles of water a day to prevent dehydration. Outdoor living at high altitudes requires special consideration of temperatures. Evening temperatures can be quite low even in the fall and spring. LAYERING is a dressing technique which involves wearing several layers of light clothes to help retain body heat. Please help your child have a positive experience by making sure they have all of the items on the clothing list.

STUDENTS ARE LIMITED TO:

- **One suitcase OR Duffel bag**
- **Sleeping bag**
- **Pillow**

*****ALL ITEMS SHOULD BE LABELED WITH THE STUDENT'S NAME AND SCHOOL*****

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PARENT INFORMATION**

Below is a list of items that are necessary for a week at Outdoor Science School. Please help us make sure your student is prepared. If there are listed items which you do not own and do not wish to purchase, we recommend borrowing from a friend.

What to Pack CHECKLIST:

CLOTHING LIST:

- _____ 8 pairs of socks
- _____ 5 pairs of underwear
- _____ 2 pairs of pajamas
- _____ 3 pairs of jeans/warm pants
- _____ 1 pair of shorts (cabin time only)
- _____ 3 long sleeve shirts
- _____ 2 short sleeve shirts (no sleeveless or tanks)
- _____ 1 school approved sweater or sweatshirt
- _____ 1 school approved hat/cap
- _____ 2 pairs of athletic shoes or hiking boots

*PLEASE LABEL EVERY-
THING WITH CHILD'S
NAME & SCHOOL.*

*ARROWHEAD RANCH IS
NOT RESPONSIBLE FOR
LOST OR CONFISCATED
ITEMS.*

WINTER ADDITIONS (October 1 to May 1)

- _____ 2 pairs of gloves/mittens (water resistant)
- _____ 1 pair long underwear
- _____ Additional sweatshirts
- _____ Heavy winter jacket
- _____ Waterproof boots/shoes
- _____ 1 winter hat

*LONG PANTS MUST BE WORN
ON ALL HIKES. STUDENTS MAY
WEAR SHORTS AT OTHER TIMES &
IN THE CABIN. SWEATS ARE
RECOMMENDED SLEEPING
ATTIRE. STUDENTS ARE TO
CHANGE IN THE BATHROOM
AND ALWAYS PRACTICE
MODESTY.*

ADDITIONAL ITEMS TO BRING:

- _____ 1 towel and washcloth
- _____ Soap/ Shampoo (2in1 recommended)
- _____ Toothbrush/toothpaste
- _____ Deodorant (non-aerosol)
- _____ Hair dryer (optional)
- _____ Chap Stick**
- _____ Sunscreen (non-aerosol only)
- _____ Sleeping bag/pillow (Wrapped in plastic bag)
- _____ Pens/Pencils, paper, envelope & stamps
- _____ Camera (Disposable-clearly labeled with name; Digital-clearly labeled with name, Arrowhead Ranch is not responsible for any loss or damages and video is NOT allowed)

*****PLEASE BE SURE TO BRING***
Reusable Water Bottle
BACKPACK – for hiking & carrying
water, journal, extra stuff**

THE FOLLOWING ITEMS WILL BE CONFISCATED FROM STUDENTS AND GIVEN TO THE TEACHERS:
CELL PHONES, MONEY, KNIVES, ELECTRONIC DEVICES SUCH AS IPODS, RADIOS, GAMEBOYS, SNACKS,
GUM, CANDY, SODA/DRINKS, CURLING/FLAT IRONS, AEROSOL SPRAYS such as PERFUMES and BODY SPRAYS
(UPDATED July 2014)