

## Outdoor Education General Guidelines

1. All Howard County School System and Mount View Middle School rules and policies apply at all times during the Outdoor Education field trip.
2. Students will exhibit their best behavior. Students must remain with their groups and adult volunteer. Should it become necessary, parents/guardians will be called and students will be sent home. No money will be refunded in such cases.
3. All medicine MUST be in a pharmacy container with a medication form and must be dropped off to the school health room by September 25<sup>th</sup>. No medications will be accepted after this date. If your child becomes sick a day or two prior to the trip and will require medication, please meet in the health room at 8:00 am Wednesday, October 7<sup>th</sup> to register your child's medication with the school nurse. You must have the medication along with the medical forms and doctors signature. (Form can be found on the MVMS website) **STUDENTS ARE NOT ALLOWED TO CARRY MEDICINE!** Parents attending ODE may pack their child's medicine if they choose.

### Mount View Outdoor Education Packing List

**The following is a suggestion list. Please check the weather forecast before the trip and pack accordingly. We have had all types of weather! \*\*\*Clearly Label ALL Belongings (luggage, cameras, etc.)\*\*\***

#### Required Items:

- Pillow
- Sheet
- Blanket or Sleeping Bag
- Towels
- Rain gear
- Tennis or hiking shoes
- Shoes to wear in the water
- Sweater/Sweatshirt
- Several changes of outer clothing (2 per day)
- Changes of inner clothing (2 per day)
- Several pairs of socks (2 per day)
- Pajamas
- Personal Items (soap, shampoo, toothbrush, toothpaste etc.)
- Sunscreen and Insect Repellent

#### Optional Items:

- Water Bottle
- Hat
- Sunglasses
- Book or magazines to read
- Shower shoes or flip-flops

#### Do not bring:

- Electronics
- Sports Equipment
- Food (We have students with severe food allergies. Please abide by this rule!)
- Gum/candy
- Weapons/firearms/matches
- Knives (including pocket knives for fishing)
- Umbrella