

What Students Should Bring

Hello, Parents!

We want your child to have a positive, healthy experience at Sargent Center. A way to ensure this is to pack appropriate clothing so your child is prepared to be outside, rain or shine: Much of what we do at Sargent Center occurs out-of-doors.

Waterproof raingear--a **rain coat** with a hood or **rain hat**, **rain pants** or a rain poncho that covers the torso and legs, and **water proof boots** and plastic bags to wear in the boots in case extra insulation is needed--is essential any time of the year. We do not recommend cotton clothing because when it gets wet, all insulative value is lost. **Wool, fleece, and polypropylene** are much better choices because all act as insulation and retain warmth even when wet. For winter, late fall, and early spring visits, please pack at least two pairs of wool or polypropylene socks, and at least two wool, fleece, or polypropylene shirts or sweaters. For winter, late fall, and early spring visits, please pack a **warm hat** that covers the whole head and ears. There is no need to buy your child new clothing for his or her visit to Sargent Center: Borrow the clothes or check yard sales. Labeling clothing with your child's name is helpful.

Packing proper clothes reduces chances your child will experience hypothermia, a lowering of body temperature to unsafe levels. While hypothermia can occur at any time of the year, people are at most risk when temperatures are 50-60 degrees, a gentle breeze is blowing, and people are wearing damp or wet clothes next to their skin.

Packing for Your Child's Visit to Sargent Center

Essentials:

rain coat, pants, hat
underwear (4+ pair)
jeans & warm pants (3-4 pair)
warm shirts/light shirts
heavy sweater/sweatshirt (2)
woolen socks (3+ pair)
sleeping bag or 2 sheets, 2 blankets
pillow
pajamas & slippers
canteen or water bottle
waterproof boots (1 pair)
small plastic bags to wear inside shoes & large ones for
dirty clothes
day pack
chapstick/lip balm, sunscreen
Toilet kit with: soap in container w/lid, shampoo, comb &
brush, towels, toothbrush & toothpaste.

Winter Additions:

warm, water resistant jacket (at least one)
water resistant snow or ski pants
insulated, waterproof boots (at least 1 pair)
warm hat (must cover ears and whole head)
gloves or mittens
woolen or polypro socks (5+ pairs)
long underwear (at least 2 pairs)
scarf or neck warmer
heavy wool sweater(s)

Spring, Fall Additions:

rain coat, pants, hat
hat w/visor
insect repellent/sunscreen
shorts
walking shoes or sneakers

Optional any time of the year:

Books, board games, flashlight, compass, bathrobe, tissues, camera & film, binoculars, sunglasses, musical instruments, notebook & pencils or pen, stamped addressed envelopes & stationery.

Please leave money, cell phones, pagers, electronic games, knives, hatchets, gum, food, candy, radios, tape recorders, and mess kits at home.

Remember to give 1) your child's health form and 2) all medications to your child's teacher or school nurse.

Activities at Sargent Center continue, rain or shine.