



Field Trip Packing List

BACKPACK

Please send your students with a backpack that they can keep their water, lunch and layers in.

LUNCH

Most Rivers Are Alive field trips happen at state parks along the St. Croix National Scenic Riverway where there are not garbage cans available. Our staff will supply garbage bags and recycling bags and appreciate your help in making sure students *Leave No Trace*. We also appreciate your help in packing lunches that minimize waste (using reusable water bottles and containers is encouraged). Students and chaperones are responsible for leaving the park clean.

WATER

It's important to keep students hydrated during their field trip. Each student should bring a full water bottle on the day of the trip and keep it in their backpack for the day.

What to Wear: Parents, please dress your students for the weather. We recommend sending your children in layers that they can add or remove and put in their backpack if they get warm or cold. All students should wear comfortable close-toed shoes that they can walk, hike and run in.

Cold and Damp Weather

If it is going to be cold and damp, please send them with a rain jacket or poncho, a warm hat and gloves.

Warm and Sunny Weather

If it is going to be a sunny and warm day, please send your children with a hat and sunscreen.

For Mucking or Paddling activities

If your children are mucking or paddling, **please send them with an extra pair of tennis shoes, rubber boots or water shoes. Students must wear shoes at all times, even in the water.** Students are welcome to bring a towel and an extra pair of dry socks.

Winter Field Trips

For winter field trips, students need snow pants, winter jackets, insulated winter boots, long and warm socks (please no short ankle socks), insulated mittens and gloves (please no thin knit mittens or gloves), and warm hats.