



Center for American Archeology Past Lifeways Program Gear List – For Spring and Fall Residential School Groups

The items needed for your stay in Kampsville are listed below. During the spring, the weather is generally warm, but variable! There might be some cool mornings and evenings. Please pack accordingly. No matter what time of year you'll be joining us, it is important to bring OLD, comfortable clothing –roughly 7 changes for a week—that can be layered on and off. Cotton and other lightweight fabrics are best for summer. Long sleeved shirts are handy year round, especially if you are concerned about sun exposure. Rain gear and comfortable, protective footwear (at least two pair) are essential items!

BEDDING & LINENS: OUR DORMITORIES ARE EQUIPPED WITH STANDARD TWIN-SIZE MATTRESSES THAT HAVE A PROTECTIVE PLASTIC COVERING. PLEASE BRING A SLEEPING BAG OR APPROPRIATE SHEETS & BLANKET AND PILLOW. PLEASE BRING YOUR OWN TOWELS.

ITEMS TO BRING:

Rain gear (poncho or jacket)	Shirts, t-shirts
Shorts & long pants	Jacket
Sweater or hooded sweatshirt	Socks & underwear
Pajamas & robe	Shower shoes (flip flops)
Hat/visor with brim and/or bandanna	Travel alarm clock (battery powered)
Athletic shoes (old sneakers!), 2 pair	Sunglasses
Personal toiletries	Backpack/ book bag
Sunscreen (SPF 15 or higher!)	Prepaid Calling Card (cell phone reception unreliable)
Refillable/reuseable water bottle	<i>* Lunch money on way home</i>
Insect repellent	
Prescription medications, asthma medicine, EpiPen, over-the counter allergy meds, pain relievers, etc. as appropriate	

plastic bag for wet shoes / clothes

EXTRA PAIR OF SHOES (NOT FLIP-FLOPS OR CROCS!) THAT CAN GET WET & MUDDY DURING THE CREEK WALK

Optional Additional Items:

Camera & film
Books, cards, games
Small first-aid kit

** Water*

SNACKS: *Snacks are not provided as part of the food plan; you may want to bring your own supply. A local convenience store does have a variety of juices, soda, chips, and candy, but prices will be high.*

FALL PARTICIPANTS PLEASE ADD:

Warm jacket	Scarf
Mittens or gloves	Heavy pants and/or long underwear
Knit hat	Heavy socks

Fall participants: Please note that fall weather is fairly unpredictable; mornings and evenings will be cool, with midday temperatures ranging from the 60s to the low 80s. Rain is always a possibility. The beginning of September is generally fairly warm, but by the beginning of October it tends to be much cooler. Keep an eye on the weather forecasts—and BE PREPARED! ☺

What's the forecast for Kampsville? Go to www.wunderground.com; enter zip code 62053