# Heifer Ranch Learning Expedition Packing List

**Required Items: 2 Bags (1 suitcase/1 backpack or small duffle)**

- Sleeping Bag (a warm one – it may be in the 30's/40's)
- Warm Jacket or Coat
- Towel (for cabins)
- Rain Jacket
- Flashlight or headlamp with extra batteries…it's dark out there!
- Empty 24 oz. (or larger) water bottle
- Sunsreen
- Insect repellent (small container if you are packing in a carry-on bag)
- Money
    - $20 tip money for the bus drivers (collected prior to departure)
    - $20-30 for lunch money for 2 days
    - Spending money for souvenirs/snacks (optional)
- Ziplock bag (quart or gallon) with student's name in Sharpie (to keep phones safe during simulation)
- Clothing:
    - 1 pair of warm comfortable pants for simulation
    - 2-3 pairs of pants for the rest of the trip/D.C. explorations (shorts won't be appropriate if we're invited inside the Capitol)
    - 4 T-shirts (plus the one you'll wear in the airport)
    - Consider bringing a long-sleeve shirt or flannel for the weather
    - Sweatshirt or hoodie
    - Warm socks for simulation
    - 4 pairs of socks for remainder of trip
    - Underwear
    - Warm pj's or thermal underwear
    - Comfy, CLOSED TOE shoes
    - Shoes for town (comfortable walking shoes)
    - Hat, gloves, scarf, anything to keep warm in simulation based on weather

- **Toiletries:**
    - Soap and shampoo/conditioner (travel size if you pack in a carry-on suitcase)
    - Toothbrush and travel size toothpaste
    - Deodorant
    - Hairbrush/comb (hair ties are helpful in simulation if you have long hair)
    - Others items as necessary—saline solution, glasses, feminine hygiene products, face wipes, hand sanitizer, etc.
    - Medications—All med's must be correctly labeled with the student's name on it and be in the original container. **Students may self-administer medication, provided parents have signed the consent to self-administer medications form. Otherwise all medications must be turned in to a teacher at airport drop-off.**

**Optional Items:**

- Snacks for the airport/bus
- Lunch for departure travel day (you may bring a sack lunch or buy food in the airport)
- Small camera (phones will not be allowed in simulation, but digital cameras are)
- Cell phone, charger, headphone for our time outside of simulation (and airplane entertainment)
- Cards, uno, and other airport entertainment

*So what kind of luggage do I need?*

## 1 roller-bag suitcase

- Note: We typically do all student travel with carry-on sized bags, but since you need to bring a sleeping bag, you MAY pack a slightly larger bag that you can check. Southwest Airlines and United offer one complimentary checked bag, but American Airlines will charge $30 per bag.
- If you check a bag, then you can carry a back-pack and another personal device (your sleeping bag) onto the plane.
- If you check a slightly larger bag, you may be able to shove your sleeping bag into the suitcase, and just carry a backpack onto the plane.

## 1 backpack or duffle bag

- When you go into simulation overnight, you'll use this smaller bag for the items you need that night and the next day. You'll have time to "repack" this bag before you go into Simulation.
- You might decide to carry your sleeping bag inside your backpack of duffle bag when you board the plane.

## Here are some different options depending on your luggage:

1) Pack all your clothing and necessary items in a carry-on sized bag. Shove your sleeping bag into your backpack. In this scenario, you need all travel-sized liquids and you won't need to pay a luggage fee.

2) Pack a slightly larger suitcase (including warm clothing and maybe even your sleeping bag). Check the bag (free unless you're on American Airlines) and then carry your backpack on the plane with at least one extra outfit and all necessary medications. You can put regular-sized shampoo, etc. in your checked bag.

3) If your sleeping bag doesn't fit in your suitcase, go ahead and check your roller bag, and then you can carry your backpack AND a smaller bag or duffle bag with your sleeping bag in it– you get two carry-on-sized items for the plane.