



## Kolob Canyon Packing Checklist

These items should be purchased or brought from home before coming to Kolob. Any items that you are unable to purchase before arriving at Kolob let us know and we'll be happy to pick them up for you.

**Packing questions? Call Program Director, Tiffany at 435-590-5727**

**You are welcome to ship items ahead of time. Here is our mailing information:**

- **For USPS:** P.O. Box 531 New Harmony, Utah 84757
- **For Fed Ex, UPS or DHL:** 1338 East 600 South New Harmony, Utah 84757
- **When ordering through Amazon, they use Smart Post and will require the PO Box**

### Clothing:

- |           |  |
|-----------|--|
| 7-10 pair | Socks  |
| 7-10 pair | Underwear ( <i>no string bikini or thongs</i> )  |
| 4-6       | Bra's (underwire may be earned at a later time)  |
| 2 pair    | Pajama's (scrub type preferable, no sleeveless, tanks, or shorts)  |
| 1         | Bathrobe (optional)  |
| 1         | pair Riding Boots (for equine therapy & rec riding- we will order them if you do not have them)                          |
| 1         | Outfit for swimming: One-piece bathing suit, modest tankini and/or rash guard & shorts                                   |
| 1         | pair House slippers (simple, not big bulky character ones)   |
| 1         | pair Shower flip-flops   |
| 1         | Dress-up outfit: Nice dress, skirt, (below the knee), slacks, pantsuit, etc. No sleeveless, tight-fitting, or strapless. |
| 1         | pair of dress shoes  |
| 5         | pairs jeans or khakis (no tight jeans or ones with holes)  |
| 3-5 pair  | Shorts or Capri's  |
| 1 pair of | Workout clothes (t-shirt and knee-length shorts)   |
| 1 pair of | Clothes for cleaning (horses, garden, and chores)  |
| 8         | Shirts (variety-no band t-shirts, no low cut, tank tops may only be worn under other shirts)                             |
| 1 pair    | Muck Boots (also called rain or irrigation boots)  |
- \*\*Strings from pants, shorts, sweatshirts, etc. will be removed at intake

### Other Personal Items Required:

- |        |  |
|--------|--|
| 2 each | Bath towels, hand towel, washcloth   |
| 1      | Beach towel  |
| 1      | Electric razor   |
| 1      | Toothbrush, (regular or battery-powered only no electric), tube toothpaste |
| 1      | Deodorant (non-aerosol)  |
| 1      | Brush, comb, hair clips and ties   |
| 1      | Body wash and loofah   |
| 1      | Shampoo & Conditioner  |
| 1      | Battery-powered reading light  |

Paper and envelopes for stationary, Journal (no wire rings)  
Non-aerosol Hair Products (gel, hairspray, etc.) & Blow dryer, Hair Straightener, Curling iron, etc.  
Personal facial products (acne creams, face wash, etc.)

**Students are also encouraged to bring their own blanket, pillow, stuffed animals, and family pictures. They are also welcome to bring their own IPod (please see attached IPod Policy for further information). Please do not send any electronics (laptop, kindle, digital cameras, etc.) as they are not permitted.**

### Items for School

- Two 1 and 1/2 inch binders.
- Binder dividers with tabs for each 1 and 1/2 inch binder. (5 tabbed dividers per binder will be plenty)
- Lined paper: 4 packages
- Pencils and pens, pencil/pen holder (optional).
- A 1 GB or 2 GB flash drive.
- Backpack
- Sketch Pad
- Art Pencil kit

### Items needed for Recreation

#### General Items:

(All needed at intake)

- a duffle bag
- All-terrain Hiking shoes or boots (We like Merrill, Keen, and/or Vasque)
- Athletic shoes for running and sports
- Rain jacket (breathable, like Gore-Tex)
- 2 pairs Athletic shorts (not cotton and knee-length)
- At least one non-cotton t-shirt that dries quickly
- UV protection sunglasses
- Two 32 ounce water bottles
- 2-3 pairs Lightweight wool socks

#### Winter Gear List:

(You may bring/send items in for relevant seasons)

- Base Layer (synthetic or wool tights and long sleeve top)
- 3 Pairs Thick Wool Socks (thicker socks help to keep your feet toasty)
- Weatherproof snow pants or bibs (these pants should be water-resistant and windproof)
- Weatherproof jacket (this jacket should be water-resistant and windproof)
- Fleece jacket or vest for layering
- Warm weatherproof gloves
- Warm weatherproof snow boots (something that is still athletic so we can use them for snowshoeing and playing in the snow)

- Scarf and Beanie

**Please don't buy anything cotton for your winter athletic gear! Cotton does not keep you warm when it gets wet.**

### Summer Gear List:

(You may bring/send items in for relevant seasons)

- Chaco's (I recommend Chaco's brand because they don't have Velcro which can get full of sand and not work like it is supposed to)
- Capri length fitness tights
- Water shorts (Nike running shorts are a great quick-dry material for this)
- Lightweight T-shirts (quick-dry material...no cotton)
- Bandanna or two
- Chums (straps to hold glasses on)
- Hat with a brim

**PLEASE PRINT INITIALS ON ALL ITEMS WITH BLACK SHARPIE**

### Kolob Canyon Dress Code

1. All clothing and personal items must be labeled. If labeling fades, falls off, etc., it must be re-marked
2. No borrowing, sharing, selling, trading, or giving of clothing or personal items to any person.
3. Students dress modestly and appropriately.
4. Students wear their pants at the waist level. Pants should not fit too tight.
5. Students have appropriate clothing for exercising
6. No sleeves over hands (hands must be exposed).
7. Clothing should be clean, free of holes and markings, and activity appropriate.
8. Skin may not show between shirts and pants. When a student raises her arms over her head, there must be no skin showing between the shirt bottom and pants waistband.
10. Underwear must be age-appropriate. Thongs, all lace, or G-strings are not allowed.
11. Students must wear a bra at all times, except when sleeping
12. Students may not wear underwear, undershirts, or thermals as outer garments
13. Students may not wear sweats or exercise clothes to school.
14. Students must wear socks and slippers in the house.
15. Students are not allowed to hide their body by wearing extra clothing/jackets on an unnecessary basis
16. Students have a dress-up outfit for special occasions.
17. Appropriate night clothing must be worn during sleeping hours.
18. Students do not wear any gang-related clothing or band shirts. Clothing may not have negative or sexual messages on them.
19. Tops/shirts must be long enough to cover the stomach, do not reveal cleavage nor are so form-fitting as to broadcast the breasts. Shirts/tops may not be sleeveless.
20. Students must wash their own clothing with their weekly laundry.

If a student wishes to purchase more clothing, they will be able to have parents mail them more clothing or purchase it during Parent Seminar or on a home visit.

### iPod Policy

- Each student may bring an iPod when they come to Kolob as long as it is brand new or wiped clean.
- We will allow the following models: Shuffle, Nano, and/or Classic.
- iPod touches or ones that can access the internet will not be allowed.

- Once they arrive at Kolob they will be synced to our playlist so we can ensure that the music is appropriate.
- If a student takes her iPod home then it will be wiped clean upon arrival back to the program.
- Students can provide new music to the school library only through iTunes gift cards, and they may request that certain songs/albums be purchased - we cannot load individual CDs or download music illegally.
- iPods will be locked up when not in use.
- If a student chooses not to follow the stated rules then they will lose their iPod privileges.

Students will earn time with their iPod based on their levels:

- Level 1: No iPod
- Level 2 & 3: iPod in the van on long trips
- Level 4 & 5: Extra time on trips and in the milieu

**IPods are sent/brought to KCRTC at their own risk. We are not liable if your daughter's iPod is lost, stolen, or broken.**