

TEACHING FELOW PACKING LIST

This list is designed to help teaching fellows pack for their Alzar School semester. Make sure to bring ALL items on the list (except those marked optional which you don't want). Remember that the goal is to bring only what is NEEDED. Teaching fellows should plan on being able to fit all of their belongings into a daypack, a 12"x16"x30" trunk and 2 large (6500 cubic inches) duffel bags. The Alzar School has equipment for purchase (see items with #) and equipment available to teaching fellows to borrow (as part of the program fee, see *), Teaching fellows must request purchases and rental requests at least 30 days in advance of the semester. To do that, please send an email to sean@alzarschool.org with all of the items you would like to rent or purchase listed.

Academics

Each teaching fellow undoubtedly knows the types of materials that he or she needs to be an organized teacher. Additional basic supplies can be purchased on a trip into Cascade. The iPad is the platform students will use to complete all assignments in the classroom, in the field, and while in Chile. Teaching fellows should bring a laptop or tablet to do their daily work on.

Bookbag or satchel (different from daypack)	Pens/pencils/highlighters/colored pencils/markers
Notebooks, spiral binders, engineering pad# & lined paper	Spanish/English dictionary
Graphing calculator (TI-83+ or similar), if placed in math classroom	Laptop

Day-to-day Clothes

Attire at the Alzar School is generally casual, but there will times when teaching fellows must dress professionally. Generally, classroom teaching involves wearing 'business casual' attire. Teaching fellows should dress conservatively, with no short skirts or shorts, nor clothing with offensive content. Clothes should be respectful of the various learning environments we use. Teaching fellows will have access to laundry facilities on the Alzar School campus. Keep in mind that during the semester at Alzar School (in Idaho and Chile), teaching fellows will experience temperatures ranging from -10° to 95° F.

T-shirts	Collared shirts	At least one nice dress (young women)
Jeans	At least one necktie (young men)	Khaki pants
Fleece jacket for around campus	Cotton hoody sweatshirt (optional) #	Shorts
Underwear	Swimsuits	Pajamas
Belt	Baseball-style hat #	

General Outdoor Equipment

Teaching fellows will spend a significant amount of time enjoying outdoor sports (including hiking/backpacking, climbing, skiing, paddling, etc). The Alzar School will provide group equipment, but teaching fellows are responsible for their own personal equipment, as shown on this list. Items with a * may be borrowed from the Alzar School at no cost.

Lightweight, durable LED headlamp with batteries #	1-2 small stuff sacks (for organizing your things)	Heavy duty trash or contractor bags (3-5 bags)
Daypack (~1800 cubic inches)	Ziplock bags (1 gallon size, 1 box)	Sunscreen
Backpack (properly fitted, internal frame, minimum of 5000 cubic inches, with top pocket) *	Sleeping bag (must be synthetic, compressible, rated to 0 degrees, with hood for head, weighing about 4.5 pounds) *	3 pairs expedition or mid-weight polypropylene or capilene (at least 2 tops and 2 bottoms)
2 water bottles (at least 1 liter in size and durable) #	Full length sleeping pad (closed-cell foam or Therm-a-Rest with repair kit) *	Compression stuff sack for sleeping bag #
Rain jacket with hood	Rain pants *	Fleece pants
Light weight synthetic hiking pants	1-2 bandanas	Sunglasses with case
Camping spoon, fork, and knife #	Insect repellent (optional)	Camping mug for hot drinks #
Camping bowl #	Watch (waterproof, with alarm REQUIRED)	2-3 non-locking carabiners
Pocketknife with tools (e.g. Swiss Army Knife) or multi-tool (e.g. Leatherman)	Crazy Creek camp chair (optional, but recommended)	

Footwear

It is essential that teaching fellows have proper footwear. Injured feet can result in teaching fellows missing out on some of the best experiences of the entire semester. When purchasing shoes, take the time to ensure proper fit. Note that teaching fellows will be required to wear closes-toe shoes when cooking, working, and participating in athletic/fitness activities.

Lightweight socks	Thick socks for winter	5-6 pairs non-cotton socks	Sturdy athletic shoes
Dress shoes	Hiking boots	Durable sandals with heel strap (optional)	Lightweight shoes for indoor classroom use only
Snow boots *	Flip-flops (optional)		

River Gear

The exploration of whitewater rivers is a fundamental part of the Alzar School experience. Teaching fellows will work towards proficiency in a variety of crafts on both day and multi-day stretches of river. The Alzar School will provide a selection of whitewater kayaks for teaching fellow use. If a teaching fellow would like to bring his or her personal whitewater kayak, that is fine.

Personal flotation device (or PFD, at least Type III and designed for whitewater) * #	River shoes (must fit on feet inside kayak- Crocs are NOT acceptable and Chaco-style sandals rarely fit)	Large dry bag with backpack straps (5000+ cu. inches) * #
Sprayskirt * #	Kayak paddle * #	2 whistles #
Whitewater helmet * #	Mesh bag to carry paddling gear #	3 locking carabiners #
Long sleeve dry top * #	River knife #	70' rescue throwrope #
River Shorts	15' of one-inch tubular webbing #	

Winter Clothing & Ski/Snowboard Equipment

Idaho's winters provide for amazing landscapes and outdoor opportunities, but it is important to dress appropriately. If you are uncomfortable in cold weather, please pack an extra layer or two.

Down winter coat	Waterproof ski coat (shell) *	Ski helmet
Snow pants *	Sweaters	Ski goggles *
Scarf or neck gaiter, fleece	Additional fleece layers	Fleece/wool beanie-style hat(s) #
Synthetic glove liners #	Waterproof winter gloves #	Personal ski/snowboard equipment: boots, skis/ board, poles (or plan on leasing from local resort at your expense)

Yurt & Personal Items

Each teaching fellow will have a bunk with desk within the teaching fellow yurt (which houses 2-4 teaching fellows of mixed gender). There is a small shelf and a rack for hanging clothes. There are limited AC outlets for charging electronics.

Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant, feminine hygiene supplies, etc)	Bedding for regular length twin bed, including blankets and/or comforter	Prescription medications (in student's name and in original packaging)^
Towel and washcloth	Laundry bag	Prescription eye wear (glasses and contact lenses)
Alarm clock (battery powered)	Pillow with pillow case	Over-the-counter medications^

Miscellaneous

Because the lifestyle at the Alzar School is simple, teaching fellows should please bring only a few of these miscellaneous items.

Musical instrument (optional)	Camera and battery charger (optional)	Sketching pad and pencils (optional)
Recreational equipment (Frisbee, hacky-sack, etc)	Books, deck of cards, other board games (optional)	Spending money
iPods, cell phones, and other portable electronic devices (these may be brought on the semester, but use may be restricted at specific times)	Leather work gloves (for community tasks like splitting wood)	

Please DO NOT bring:

Televisions	Printers
Any illegal or offensive materials and substances	Guns, bows, large knives, or other hunting equipment
Video gaming systems	Electric guitars, electric keyboards, drum sets, etc

^ Teaching fellows are responsible for their personal health needs throughout the semester

* Items available for teaching fellows to borrow from the Alzar School

Items available for purchase through the Alzar School