

This page is supplemental information and does need to be turned in with the application.

COUNSELOR DRESS CODE:

Counselors must be dressed appropriately for hiking and outdoor activities that include crawling on rocks and sitting on the ground. Bring clothes that are appropriate for school and the outdoors. **DO NOT BRING YOUR BEST CLOTHES.** Counselors who display inappropriate attire will be asked to change. **Disregard of this dress code may result in disciplinary action.**

Counselors please follow these guidelines:

- Clothing must cover the shoulders, midriff and undergarments at all times.
- Shorts are at least fingertip length or longer.
- Hats or visors are worn with the bill facing forward only.
- Sandals or slippers are worn only in the dorm building.
- Pajamas are worn only in the dorms.

Clothing *not* to bring:

- Clothing associated with gangs, i.e. bandanas.
 - Baggy pants, pants are to be worn at waist.
 - Tank tops or low cut tops or tops that show the midriff & lower back.
 - Clothing or items that contain offensive or vulgar writing or images, references to drug/sex, or alcohol/tobacco advertising.
 - Skintight, activewear, yoga pants, or shorts
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PACKING LIST:

Bedding: Sheets/blankets or a sleeping bag, and a pillow

Clothing: SEE ABOVE, and only bring what you are willing to get **dirty** & remember it can be much **colder** in Sonora! Suggested items:

- Socks and underwear
- T-shirts (no tank tops, low cut or revealing tops, no bare midriffs or lower backs, no inappropriate messages)
- Shorts (at least finger tip length) (spring and fall only)
- Long pants and belt (no baggy pants please)
- Long sleeve shirt or sweatshirt
- Shoes/hiking boots (2 pairs in case one gets wet)
- Jacket and/or raincoat (a sweatshirt will not be enough)
- During winter months, bring gloves, mittens, a beanie, and a warm coat.

Equipment:

- Watch (You won't have your phone)
- Water bottle
- Sunscreen/chap stick
- Camera (optional, not a phone)
- Musical instruments (optional)

Toiletries:

- Soap & shampoo
- Toothbrush and toothpaste
- Comb or brush
- Towel & washcloth

Cell phones will be kept in a lock box during your stay.

Please do not bring:

- iPods, MP3 players, electronic games or knives
- Hair dryers or curling irons
- Any tobacco, alcohol, or illegal substances
- Do not bring money or valuables EXCEPT exact change for a:
Foothill Horizons T-shirt (\$14), hat (\$13), or hooded sweatshirt (\$28).

QUESTIONS? Please visit www.foothillhorizons.com or call Diann at 532-6673