

PARENT LETTER

Dear Guardian,

McDowell Farm School's goal is to reintroduce students to their food systems through hands-on, inquiry-based learning. From feeding a chicken, to collecting an egg, to making a frittata, students become ingrained in our food system. By guiding students to be active participants on the farm, they will make connections between their choices at home and the large-scale systems that work to feed us every day. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing our farm experiences with students and adults. We would like to mention a few important items worth emphasizing about your child's upcoming visit to ensure their safety and comfort while away from home.

Appropriate Clothing: We offer hands-on classes in the farm, so we spend most of our time outdoors, even in the rain and cold. Please help your child be prepared with appropriate clothing, as indicated on the Packing List. In truly inclement weather, we have ample indoor teaching space.

Health and Waiver Form: We have a full time onsite RN here to help keep your child safe and healthy. For your child's well-being, please complete the [online](#) Health and Waiver Form once you receive the link from your teacher. *Anyone without a completed form may not attend our program or participate.*

Dietary Needs: Three meals a day are prepared by our talented food service staff and served family style in Eppes Dining Hall. Our food receives the highest reviews! **All of our kitchens are nut-free. The following dietary needs can be accommodated with indication on the health form: vegetarian, vegan, no pork, no beef, dairy-free, and gluten free (*not celiac-safe).** Additional allergies and dietary restrictions cannot be accommodated.

→ If you need to pack meals or supplemental foods to ensure your student's safety, please contact farmschool@campmcowell.org and we'll get you more information.

Medications: All medicines must be in their [original containers](#). Please remember that you must provide any over-the-counter medicines you anticipate your child may need. Please ONLY send the amount needed for the trip.

→ *If your child requires an Epi-pen or other injection, please contact the Nurse at farmnurse@campmcowell.org.*

Your child's school teacher will send home all the information. The teachers from your school will select chaperones for the trip. If you have any questions regarding our program, staff, or facilities, please feel free to call us or [visit our website](#).

Scotty Feltman, Director
farmschooldirector@campmcowell.org
205.387.1806 ext. 106

PACKING LIST

Please carefully look over the following checklist and check each item as it is packed. Here are some helpful hints for packing:

- Limit packing to one suitcase or duffel bag and a rolled up sleeping bag
- You will carry your belongings from the bus to your cabin. A suitcase with wheels is helpful!
- Put your name on everything
- Bring OLD clothes and shoes as you may get wet and muddy
- Pack a raincoat or poncho (and warm clothes if applicable) as our classes are held outdoors rain or shine

Required

- 2 Water Bottles
- Raincoat or Poncho
- 4 pairs of socks
- 2 pairs of closed-toes shoes (**no Crocs!**)
- 3 pairs of underwear
- 3 shirts
- 2 pairs of long pants
- 3 pairs of shorts
- Sweatshirt or Fleece
- Pajamas
- Towel & wash cloth
- Soap, toothbrush, & other toiletries
- Sleeping bag and Pillow
 - Or sheets & blankets - single bed
- Sunscreen
- Small backpack

Do NOT Bring:

Food, gum, candy, or beverages

Optional Additions

- Hat & sunglasses
- Flashlight & extra batteries
- Camera
- Souvenir money - cash or card
- Sandals for shower
- Journal and pen/pencil
- Bug repellent (non-Deet only)
- Chapstick

Cold Weather Additions

Wool and synthetic clothing work best!

- Warm hat/beanie
- Warm gloves
- 2 pairs of thick socks
- Long underwear/thick tights
- Long-sleeve shirt or sweatshirt
- Heavy and warm jacket
- Winter or warm boots

Medication/Medicine

- All medications must be turned into the Nurse (in original container) in a ziplock bag with the *medication packing sheet*