



Things to Bring List

Dear Parents,

As you look through the equipment list, you may notice items which are difficult to find or need further description. Please feel free to contact the office Monday through Friday, 8 a.m. - 4 p.m. to ask about cost effective ways to acquire the items on this list.

To further assist you and reduce your frustration, Nawa Academy has developed a relationship with Sports Ltd. Feel free to contact Sports Ltd. with questions on pricing of gear. You will have no difficulty finding the items you need. Contact Steve at Sports Ltd. at (530) 221-7333 or log onto their website at: www.reddingsportsltd.net. Be sure to inform them that you are preparing for the school year at Nawa Academy and would like to know the discounts of the items. Sports Ltd. offers a 10% discount on each item purchased towards outdoor equipment. Some exclusions may apply. Payments can be made by Mastercard, Visa, or American Express. Equipment can be picked up by us or by yourself on your way to Nawa Academy. By contacting Sports Ltd., they will stand by their gear and you can save yourself hours of shopping time and maintain your sanity.

If you have any questions, please feel free to contact me at 530- 359-2215 or via email at: info@nawa-academy.com.

Sincerely,

Serena Hull
Director of Admissions

Nawa Academy

List of items to bring for: California Academy & Snowboard USA

- Please mark all equipment and items with student's full name or all three initials.

Mandatory Items:

Government Issue Picture ID Card (*for airline travel*)
(2) Pillows/Pillow Cases
Mattress Pad
Single Size Bed Sheet*
Single Sheet Sets (*top and fitted bottom*)*
Comforter
(2) Wool or Synthetic Blankets
Watch and/or Alarm Clock (*battery operated*)
Day Pack (*school book bag*)
(2) One Liter/Quart Water Bottles
Pair of Sunglasses (*U.V. Protection*)
Hat (*i.e.: baseball cap*)
Headlamp (*bring extra batteries*)
Sunscreen (*SPF 15 and up*)
Large Duffle Bag (*with good quality zipper*)
(1) Lock Box (*no more than 10" high to fit under bed*)
** If your child requires an extra long mattress, please notify the office.*

Not to Bring:

Expensive Jewelry or Valuable Keepsakes
Knives, Bladed Instruments or Weapons
Cash (*in excess of \$40*)
Pagers
Lighters, Matches, & Candles
Permanent Markers / Sharpie Pens
Aerosol spray products / Mouthwash (*with Alcohol*)

Optional Items:

Laptop Computer (*heavily encouraged*)
Graphing Calculator (*if taking high level math*)
iPod, MP3 Device, or CD player (*with headset speakers*)
Stereo / iPod Speakers
Bed or Desk Lamp
Area Rug (*by bed*)
Chapstick, Mosquito Repellent
Athletes Foot Powder
Snowboard (*mandatory for students in Snowboard USA*)
Pair of Ski Goggles
Downhill Skis
Skateboard
Mountain Bikes or BMX Bikes
Paint Ball Equipment (*we do have equipment available*)
Folding Chair
Board Games
Video Games/TV
Posters (*no substance abuse, death, or nudity*)
Backpack (*with adjustable waist strap*)
Tent
Fresh Water Fishing Gear
Leather Working Gloves

Please Note: School Supplies are provided by Nawa Academy and are paid for out of the Book Fee.

IMPORTANT- Please Note:

There are absolutely no cigarettes, tobacco, or use of illegal substances allowed at Nawa Academy. Clothes and jewelry with drug, alcohol, death and/or nudity symbols, sayings or pictures will not be allowed. Please do not purchase products that are in pressurized spray containers, as they are flammable (i.e.: foot spray).

Nawa Academy

Clothing List for: California Academy & Snowboard USA

Shoes and Socks:

One Pair	Hiking boots with lugged soles (refer to "Equipment List" for description of boots)
One Pair	Athletic shoes/sneakers (include extra shoe strings)
Eight Pairs	Cotton athletic socks
Five Pairs	Wool or synthetic socks (for cold weather and snowboarding)
One Pair	Sandals or thongs (strap around heel- i.e.: Teva and Chaco brands are good)

Under Garments:

Eight Pairs	Supply of underwear (male/female)
Eight Pairs	Bras (females)
Two Pairs	Pajamas- (Optional)
One	Bathrobe- (Optional)
One Pair	Slippers with rubber sole- (Optional)
Three Pairs	Thermals (non cotton- good brands include Patagonia, Hot Chilis and REI)

Warm Weather Clothes:

Three	T-Shirts, short sleeved
One	Tank top
Two	Button down shirts (lightweight)
Three Pairs	Shorts
One	Dress (females)
One	Swimsuit (must be appropriate)

Cold Weather Clothes:

Two	Long sleeved shirts (minimum of 2 wool or synthetic material shirts for outdoor activities)
Two Pairs	Long cotton pants (jeans, etc.)(clean with no holes)
One Pair	Long pants (rip-stop, lightweight and fast drying material is best)
One	Belt (not used for dress clothes)
One	Pair of wool or fleece pants (wool is generally less expensive)
One Set	Sweats (shirt and pants)- (Optional)
One	Warm water proof jacket shell (do not get goosedown filled jackets- they will not stay warm when wet)
One	Sweaters (wool or fleece for outdoor activities)
One Pair	Warm, waterproof ski gloves
One Pair	Glove liners (non cotton)
One	Wool or fleece ski cap (baseball caps are not acceptable for use as ski caps)
One Pair	Wool or fleece gloves or mittens
One	Lightweight jacket

Toiletry Items

	All personal items (including feminine supplies) (i.e.: deodorant, toothbrush, toothpaste, etc.)
	Bag for personal items
Two	Wash cloths
Two	Body towels (one for showering and one for swimming)
One	LARGE dirty clothes bag (not plastic)
	Shampoo
	Soap
	Hangers for clothing

• Please mark all equipment and items with student's full name or all three initials.

Nawa Academy

List of items to bring only for: International Academy

- Please mark all equipment and items with student's full name or all three initials.

Camping Gear:

Current Passport
3 Season, two person tent with a rain fly
Sleeping pad
20 degree, synthetic, sleeping bag with stuff sack
Bowl, plate, fork, spoon, butter knife
Head Lamp (*AA or AAA, LED style*)
2, 1 liter water bottles
4500-5200 cubic centimeter internal frame backpack
Whistle
2 Non-Locking, aluminum Carabineers
Pair of Sunglasses (*U.V. Protection*)

Personal Items:

1 large quick dry towel
Bag of toiletry items (*non-aerosol deodorant, soap, nail clippers, toothbrush, chapstick, feminine products, etc.*)
2 small seal able plastic bottles (*for shampoo and conditioner*)
Day pack (*1200-2000 cubic centimeters*)
Camera (*If you choose to bring a digital, bring extra batteries, charger and memory card*)
Duffle bag
1 lock box (*no more than ten inches high to fit under bed*)
Sunscreen (*30 SPF or higher*)
Mosquito repellent (*no more than 25% DEET. Non Aerosol*)
Watch (*This is mandatory! Make sure that it's water resistant and has an alarm*)
Regular pillow
Leather work gloves

Personal Items (continued):

4 packages of Airborne or equivalent (*to take when on airplane*)
2 compression straps
3 stuff sacks (for separating clothes in backpack)
Mesh laundry bag

Optional Items:

Laptop Computer (*heavily encouraged*)
Graphing Calculator (*if taking high level math*)
Money Belt
IPod, MP3 Device, or CD player (*with headset speakers*)
Video Games
Travel Pillow
Athletes Foot Powder

Optional Items for Campus:

Skateboard
Paint Ball Equipment (*we do have equipment available*)
Fresh Water Fishing Gear

Not to Bring:

Expensive Jewelry or Valuable Keepsakes
Knives, Bladed Instruments or Weapons
Pagers
External Speakers for IPod or CD player
Lighters, Matches, & Candles
Permanent Markers / Sharpie Pens
Aerosol spray products / Mouthwash (*with Alcohol*)

Please Note: School Supplies are provided by Nawa Academy and are paid for out of the Book Fee.

IMPORTANT- Please Note:

There are absolutely no cigarettes, tobacco, or use of illegal substances allowed at Nawa Academy. Clothes and jewelry with drug, alcohol, death and/or nudity symbols, sayings or pictures will not be allowed. Please do not purchase products that are in pressurized spray containers, as they are flammable (i.e.: foot spray).

Nawa Academy

Clothing List only for: International Academy

Footwear:

One Pair	Hiking Boots with lugged soles (broken in and water proof/resistant)
One Pair	Athletic Shoes/Sneakers (include extra shoe strings)
One Pair	Sandals (strap around heel- i.e.: Teva and Chaco brands are good)
One Pair	Flip Flops or Thongs
Eight Pairs	Cotton Athletic Socks
One-Two Pairs	Dress Socks
Five Pairs	Wool or Synthetic Socks (for cold weather and snowboarding)

Under Garments:

Eight Pairs	Underwear (male/female)
Six-Eight Pairs	Bras (females)
One Pair	Pajamas

Travel Wear:

One	Fleece Jacket
One	Rain Jacket (preferably a light weight shell)
One Pair	Rain Pants (optional)
One	Hat
One-Two Pairs	Convertible Pants/Shorts
Four-Five	T-Shirts (NO drug, alcohol, death, or nudity symbols, sayings or pictures allowed)
One	Sweatshirt
Three Pairs	Jeans (no holes, rips or excessive baggy/saggy)
One	Belt
One	Bathing "swim" Suit (bikinis are fine, but not too revealing)
Two-Three Pairs	Shorts

Dress Attire:

One-Two	Short Sleeved Button Down Shirts (male)
One-Two	Long Sleeved Button Down Shirts (male)
One-Two Pairs	Casual Dress Slacks (with belt) (male)
Two	Skirts (female)
Two	Dress Shirts (female)

Being Prepared:

The International Academy is a chance of a lifetime experience that will take a student to far reaching areas of the globe. While traveling, we often experience a variety of environments with different weather patterns, which requires appropriate clothing and gear. This Things to Bring List is the culmination of twenty years of experience. It is therefore, essential to adhere to this list to ensure that your experience will be safe and positive.

• Please mark all equipment and items with student's full name or all three initials.

Nawa Academy

Supplemental Lists for All Programs

- Please mark all equipment and items with student's full name or all three initials. Remember, each student has a limited amount of storage space.

California Academy & Snowboard USA

Ground Tarp (*i.e.: size 8'x10' with holes for tying down*)

Sleeping Bag (*rated to at least 15° Fahrenheit*)

Sleeping Pad (*length of body*)

Snowboard USA (Comp) Snowboard USA (Rec)

Helmet- approved for snowboarding

Snowboard/s (*limited to two boards*)

Snowboard Boots

Skateboard

Mountain Board (optional)

Waterproof Snowboarding Pants

Waterproof Snowboard Jacket (*can use same jacket on main clothing list*)

Ski Goggles

International Academy Students

Be sure to provide us with the following:

1. Current and Valid Passport
2. Notarized Permission Letter (*to travel outside the U.S.A. with Nawa Academy*)
3. (4) Passport Quality Photos (*for visas*)
4. Proof of Immunizations- Hepatitis A, Hepatitis B, and Typhoid

Please Note:

Remember, your child will be camping in a variety of environments. These outdoor environments can often be unpredictable. Therefore, plan ahead while selecting gear for camping. Temperatures may be warm or cold during the day and may drop considerably during the late afternoon and at night to temperatures well below freezing. It is important to dress warm and come prepared.

A hint on dressing warm: Layering clothing is the best method for maintaining body warmth. Remember, cotton does not retain warmth when wet and goose down is useless (loses all insulating abilities) when wet.

Nawa Academy

Need Advice? Here's Some Equipment Descriptions

- **Please Note: This list also includes Optional Items. Not all the items listed below are mandatory.**

Backpack- Should be an internal frame backpack with an adjustable, padded hip belt and shoulder straps. The internal frame backpack is recommended due to its added comfort, adjustments, and versatility. On average, backpacks should have a minimum of 4,500 cubic centimeters, but, smaller sizes may be okay for students who are of a smaller build. Remember, the right fit is as important as the size. Examples of quality backpacks are Kelty, Gregory, REI, Arc'teryx, and Low Alpine.

Compass- (optional) A Silva or Sunto compass is the easiest to learn. It must have a straight edge, a rotating needle housing and be liquid filled.

Day Pack- This will be used for the school day. School backpacks are great for this use. Do not spend a lot of money on this item, but be sure it is made to last.

Folding Chair- (optional) Purchase a sturdy, portable chair that folds to 21"x23"x3." This chair is primarily used on the front porch of our dorm buildings. Avoid chairs that are reclining.

Fresh Water Fishing Gear- (Optional)

The fishing pole should be compact and able to be disassembled into three or more pieces and have a hard case in which to store the pole. The reel should have a four to six pound test line. Purchase #10-12 hooks, some lures and a few split shots. A complete fishing kit can be obtained from such retail stores as Walmart and K-Mart. California requires a fishing license for anyone who is 16 or older.

Goggles- Tinted ski goggles with double lenses that fit over glasses are the best. Yellow lenses offer the best clarity and depth perception. Be sure that the goggles are not larger than the face.

Headlamp- A double "A" battery type headlamp is all that is needed. It should be lightweight and leave both hands free, while producing enough light for the night.

Quality lights are Petzl, Princeton Tec, and REI. Be sure you have two sets of batteries for spares. Batteries are always a great care package item!

Hiking Boots- All leather boots for extended backpacking and mountaineering trips are the best choice. Leather & Canvas boots can also work great. Purchase the recommended water proofing treatment. Best treatments are Nik Wax or Bee Seal Plus. Do not purchase hard-shell, plastic boots since they are not needed. It is important that these boots have been worn and are broken in properly.

Sleeping Bag- A bag that is filled with a synthetic material such as Quallofil or Lite Loft, rated from 15 degrees through 20 degrees fahrenheit are the only bags acceptable. The Lite Loft insulation is a compressible synthetic fill on the market which is important when putting the sleeping bag in an internal frame backpack. Make sure the sleeping bag comes with a stuff sack that fits the bag. Compression straps that fit over the stuff sack to make the entire bag and sack smaller is a great idea. Do Not purchase goose down bags- they will not be allowed at Nawa because of their poor insulation quality when wet. They are also very difficult to care for.

Sleeping Pad- A quality air mattress is recommended. The air mattress should be the length of the student. Quality mattresses are Z-Rest Pad and Therm-a-Rest. Please purchase an inflatable pad stuff sack.

Tent- A three season, two person, free standing tent is acceptable. The tent should have sturdy poles, and stainless steel zipper sliders. Make sure the tent includes enough stakes, stuff sacks, and seam sealer. Quality tent companies are Bibler, Kelty, REI, North Face, Sierra Design, Mountain Hardware, and Moss.

Water Bottles- Plastic water bottles that hold approximately one liter/quart are preferred. Gatorade bottles make great canteens. Please remember to bring two water bottles.

