

PROGRAM PREPARATION

Short document about: [About Knives, Fire & Handling of Animals](#)

Infographic on [Cold Weather Clothing](#)

What to Wear:

- Day pack that everything fits into
- Sunscreen and/or hat (one coat already applied)
- Rain jacket + warm, preferably wool layers (if raining)
- Light long pants (to protect from scratchy plants and rocks, and critters)
- T-shirt
- Light button down long sleeve shirt that can get dirty (to protect from scratchy plants and critters)
- Old tennies/water shoes/rain boots (NO flip flops - really difficult to walk in/they break easily)
- (Please let us know if you don't have an item - we can help!)

What to Bring:

We do not carry things for the children. Please make sure everything fits into a backpack. Thanks!

- Personal mask (two is even better)
- Personal bandana, sunscreen, insect repellent, hand sanitizer (optional)
- **Full water bottle** – at least 1/2 liter
- Healthy snacks. Please keep plastic wrappers/packaging to a minimum to encourage less trash.
- Bag for trash and/or wet clothes (optional.)
- Optional compass, binoculars, bug container are ok but not necessary
- We recommend a change of clothes and shoes and maybe a towel in the pick-up car. Often children will come back happily dirty and/or wet - be prepared for them!

Rain: If there is a chance of rain, or it has been raining, PLEASE send your children with:

(Let us know if you don't have access to any of these items - we might have a loaner!)

- Rain boots
- Poncho or rain jacket
- Warm jacket
- Warm socks - preferably wool if there is cold rain.
- A change of clothes in a separate plastic bag is helpful but not required. Can be in the pick-up car instead.

Don't Bring!

- Generally we request no toys or personal knives
- No electronics please! We will have phones on us for emergencies and pictures.