

SUGGESTED CLOTHING AND EQUIPMENT LIST

REQUIRED FOR HIKING DAY

- _____ Sunscreen - 30 spf or higher
- _____ Hat
- _____ Jacket and/or sweatshirt (dress in layers)
- _____ Journal (or paper & a hard writing surface) and pen or pencil
- _____ Personal Medications as needed
- _____ Towel (for programs that include snorkeling or swimming)
- _____ Swimsuit (for programs that include snorkeling or swimming)
- _____ Shoes suitable for hiking (tennis shoes if possible)
* if you only have slippers, please let us know in advance

OPTIONAL

- _____ Sunglasses
- _____ Camera & Film

DO NOT BRING

- _____ Candy, sodas, or extra food of any kind
- _____ Electrical or battery powered equipment (video games, CD players, etc.)