

What to Bring Checklist:

- A week's worth of clothes appropriate for outdoors (that you don't mind getting dirty)
 - T-shirts
 - Shorts, 1 pair of pants
 - Socks
 - Heavy sweater or sweatshirt
 - A sturdy pair of sneakers or light hiking boots
 - Shoes that you don't mind getting wet
- Swimsuit
 - Necessary, there will be swimming and kayaking
- Rain jacket
- Bath-size towel
- Toiletries
- Sunscreen
- Hat
- 2 water bottles
- Sleeping bag, pillow, blanket
- Flashlight or headlamp

Optional Items

- Binoculars

- Plant or animal field guides (if you have them, and if you want to do some exploring during free time)
- Camera
- Watch/alarm clock

Please DO NOT bring

- Electronics, including cell phone, iPod or any music playing device, iPad, or laptop
- Food (unless there is prior approval due to dietary restrictions)