



Winter 1-Day Program

Clothing and Essentials Checklist

Need

- 1 water bottle
- daypack
- long pants or jeans
- long sleeve t-shirt or t-shirt
- undershirt
- a warm outer layer (non-cotton preferred)
- winter jacket
- snow pants/snowsuit
- appropriate footwear for being outside

Optional Items

- camera
- journal, pen, pencil
- insect repellent
- sunblock
- things that help you feel at home

Please do NOT bring

- pets or animals
- electronics of any kind (other than watches and cameras)
- money or valuables
- knives, or weapons of any kind
- gum, candy, snacks

