

DAY GROUPS

What To Bring

Needed Items:

- Water Bottle (sports bottle, canteen, etc... Note: This item may be purchased in our Nature Store.)
- Back Pack
- RAIN GEAR
- AT LEAST 2 PAIRS OF SHOES
(OLD shoes with closed-toes that can get wet or muddy and comfortable enough for hiking. Please, no flip-flops on the trails!)
- Bandanna(s)
- Hat or cap
- Warm coat or jacket, gloves, and hat (for cooler months)
- First Aid supplies (including aspirin, Tylenol, Pepto, etc.)
- Did we mention RAIN GEAR? Please remember to bring it...

Optional Items:

Camera, film, binoculars, magnifying glass, compass, journal/diary, sunscreen

What Not to Bring

- Personal snacks (food, drinks, candy and GUM)
- Radios, tape players, CD players, walkman, electronic games
- Knives, weapons of any kind**
- Alcoholic Beverages**

**Note: Possession of these items may result in expulsion and possible prosecution.

What Group Leaders Should Bring

- Participant roster and medical forms
- Program Schedules
- Copy of application/contracts
- Student medication
- First Aid supplies (including aspirin, Tylenol, Pepto, etc.)
- AV equipment (please ask to see if we have what you need before arrival)
- Vehicle for emergencies
- Payment check or purchases order
- REMEMBER THE RAIN GEAR!